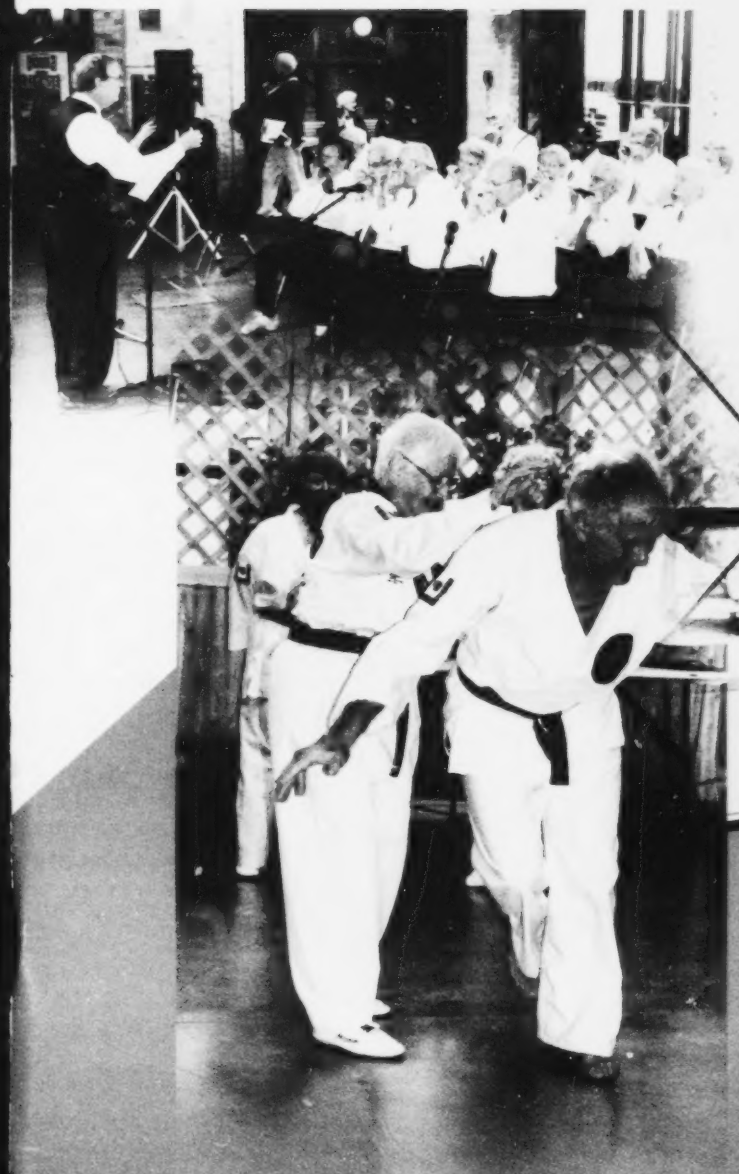
Manitoba Seniors' Guide



2003/2004

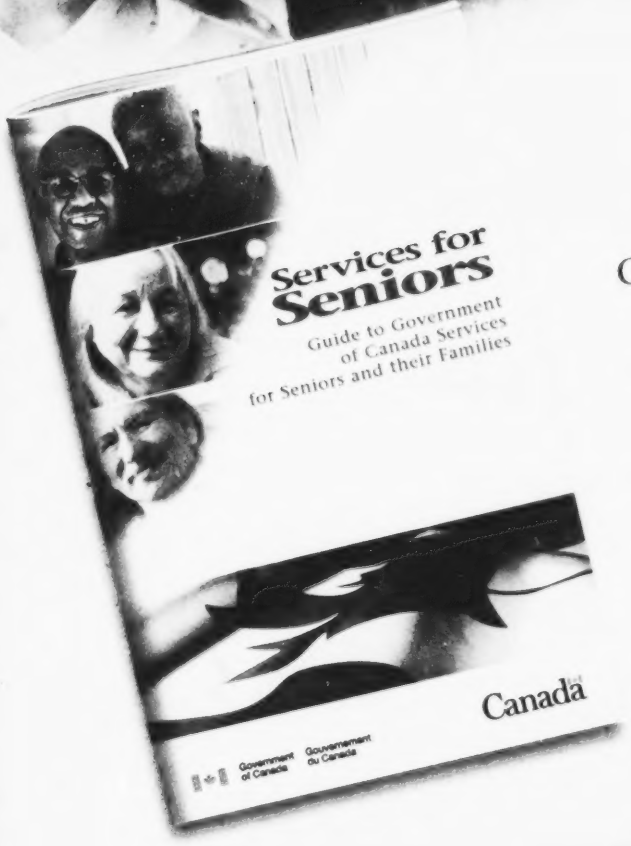
Information on a wide range of resources for older Manitobans

Promoting Older Manitobans

Manitoba
Building for the Future

It's all yours. It's all here.

Services for Seniors


Services for Seniors
Guide to Government of Canada Services for Seniors and their Families
Canada
Government of Canada
Gouvernement du Canada

Get your guide to more than 120 services from the Government of Canada for seniors and their families. From health, safety and taxes to information on retirement, travel and volunteering, it's all in the Government of Canada guide to *Services for Seniors*.

Contact us for your free copy today!

1 800 O-Canada (1 800 622-6232)
TTY: 1 800 465-7735
canada.gc.ca
Service Canada Access Centres

Government of Canada / Gouvernement du Canada

Canada

Messages

103-04857/

Minister's Message

As Minister responsible for Seniors, I am pleased that the Manitoba Council on Aging has produced an updated edition of the *Manitoba Seniors' Guide*. The 2003/04 edition provides helpful information for seniors, their families and those working with seniors on a wide range of topics such as health care services, legal and consumer rights, housing, fitness and more. As our senior population continues to grow, it is essential that we remain knowledgeable about the many resources in our communities that are available to older Manitobans. Having a reliable source of information can help seniors make well-informed choices about their lives.

I commend the Manitoba Council on Aging for its contributions to this project and for its ongoing advice to government on issues, concerns and needs of seniors. The Manitoba government values the Council's work and shares its goal of ensuring information and services for seniors are easily accessible. The *Manitoba Seniors' Guide* is an excellent example of our combined efforts and I encourage Manitobans to take advantage of this handy reference guide.

Diane McGifford
Minister responsible for Seniors

Message from the Chair

On behalf of the Manitoba Council on Aging, I am pleased to present the latest edition of the *Manitoba Seniors' Guide*. I am also pleased to report that public response to the guide remains positive. Seniors, families, caregivers and seniors organizations find the guide useful and full of valuable information.

Each new issue of the guide provides an opportunity to evaluate the publication and consider ways to improve it. The goal of the *Manitoba Seniors' Guide* is to provide as comprehensive listing of seniors' resources as possible in a user-friendly format. To that end, we welcome ideas for new listings of resources of interest to seniors. Feel free to contact us at 945-2127, or 1-800-665-6565 with your comments and suggestions, or take a few minutes to complete the readership survey included in the guide. Your input is welcome and will help us to continue to produce a guide that meets the needs of seniors in our community.

The Manitoba Council on Aging thanks the Seniors Directorate and all involved in the production of the *Manitoba Seniors' Guide*. Your continuing participation helps to make this publication a success.

Norma Drosdowech
Chair, Manitoba Council on Aging

Table of Contents

6 Information

12 Seniors Organizations

21 Financial Benefits

27 Housing

31 Services And Supports For Independent Living

39 Health Care Services

52 Counselling And Emergency Services

57 Health And Chronic Disease Resources

61 Legal And Consumer Rights

67 Fitness And Recreation

70 Resources For Newcomer Seniors

73 Index

Manitoba Seniors Directorate

- Established as a provincial government department in 1988.
- Is a central point of contact within government for seniors, their families and seniors organizations.
- Provides leadership within government to create an environment for all Manitoba seniors that promotes:
  - Health;
  - Independence; and
  - Well-being.

For information on the

Manitoba Seniors Directorate, call: Seniors Information Line: 945-6565
Outside Winnipeg: 1-800-665-6565
Fax: 948-2514
E-mail: seniors@gov.mb.ca
Web site: www.gov.mb.ca/sd

Seniors Abuse Line: 945-1884
Outside Winnipeg: 1-888-896-7183

For other Directorate publications on various issues, please call us at the above numbers.

GOLDENWEAR CLOTHING INC.

1833 PORTAGE AVE.,
WINNIPEG, MANITOBA
CANADA R3J 0G4

• SERVICE
• QUALITY
• AFFORDABILITY

• *Specialists in Seniors Fashions* •
• *Plus specialized clothing for nursing homes* •

MSOS 10% DISCOUNT

Personal Care Home Visitation Schedule Available Upon Request

Silver Card

Phone: (204) 953-4500
Fax: (204) 953-4501
Toll-free: 1-888-551-9484
Monday to Saturday 9am to 5pm

e-mail: goldenwearinc@aol.com • website: www.goldenwearclothing.com

Information

Manitoba Council on Aging

The Manitoba Council on Aging serves in an advisory capacity to the Minister responsible for Seniors, offering advice to government on issues, concerns and needs of seniors and the aging process.

The Council has the following terms of reference:

- to identify areas of opportunity for government in adapting programs, policies, and services to accommodate the age structures of Manitoba's population;
- to increase public awareness and understanding of the aging process and its implications for all age groups in Manitoba;
- review and provide recommendations on projects, programs, proposals and legislation to better reflect seniors' changing needs, issues and concerns as referred by the Minister; and
- provide an opportunity for dialogue through appropriate meetings with relevant organizations, groups and individuals to fulfil its mandate.

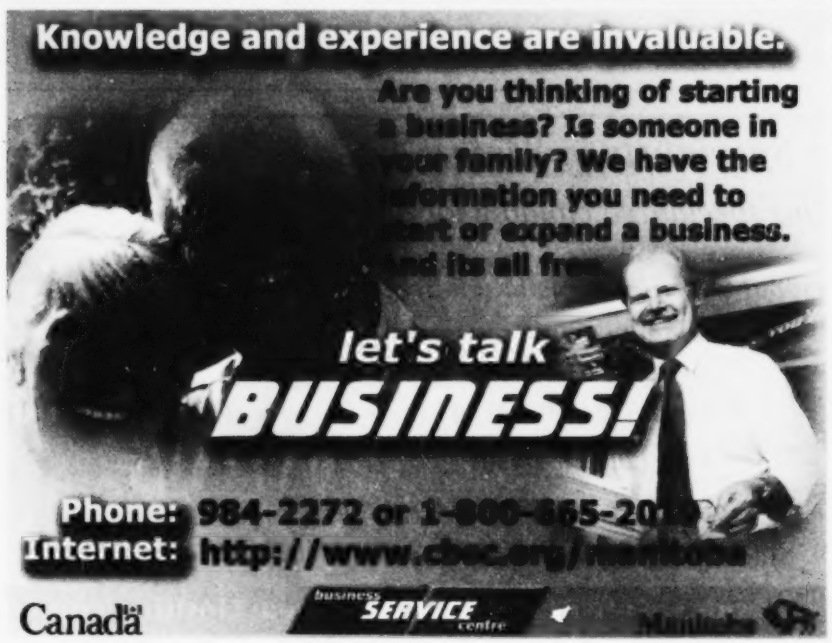
For further information about the Manitoba Council on Aging, call or write to:

Manitoba Council on Aging
822 – 155 Carlton Street
Winnipeg, MB R3C 3H8
Phone: 945-2127
Toll-free: 1-800-665-6565

Manitoba Seniors Directorate

The Manitoba Seniors Directorate provides support to the Minister responsible for Seniors to ensure the needs and concerns of seniors are reflected through a co-ordinated and comprehensive framework of legislation, public policy and programs.

It provides a central source of information and referral for seniors and their families, seniors' organizations and government departments. The Directorate coordinates a multidisciplinary approach to addressing elder abuse; develops partnerships with other government departments, community groups and the private sector; and provides policy and administrative support to the Council on Aging in the exploration of aging issues. The Directorate works with all depart-


Knowledge and experience are invaluable.
Are you thinking of starting a business? Is someone in your family? We have the information you need to start or expand a business. And its all free.
let's talk
BUSINESS!
Phone: 984-2272 or 1-800-665-2019
Internet: http://www.cbec.org/manitoba
Canada
business SERVICE centre
Manitoba

ments to promote an environment within the Province of Manitoba that allows Manitoba seniors to enjoy a high quality of life by improving their health, and promoting independence and well being. For more information contact:

Manitoba Seniors Directorate
822 – 155 Carlton Street
Winnipeg, MB R3C 3H8
Phone: 945-2127
Toll-free: 1-800-665-6565
Web site: www.gov.mb.ca/sd
Fax: 948-2514

Seniors Information Line

The Seniors Information Line is designed to provide seniors with easy access to government departments, programs and information on issues affecting seniors. The Seniors Information Line enables seniors to cail and have concerns and questions handled promptly by the Seniors Directorate.

In Winnipeg: 945-6565
Toll-free: 1-800-665-6565

Seniors Abuse Line

In Winnipeg: 945-1884
Toll-free: 1-888-896-7183
(A confidential line for assistance/information. (Please refer to page 52 for further details.)

Manitoba Government Inquiry

Have you ever wanted to contact the provincial government, but weren't sure where to direct your inquiry? Manitoba Government Inquiry, the Government of Manitoba's bilingual information and referral service will help you identify and access which provincial program or service you need.

To access provincial government services contact Manitoba Government Inquiry at:

Phone: 945-3744
Fax: (204) 945-4261
Toll-free in Manitoba:
1-866-MANITOBA
(1-866-626-4862)
Telecommunications Device for the Deaf: 945-4796
E-mail: mgi@gov.mb.ca
Web site:
www.gov.mb.ca/contact.html

Hours: Monday – Friday
8:00 a.m. – 4:30 p.m.

233-ALLÔ, centre d'information

The 233-ALLÔ is an information centre that offers services and information to anyone interested in the Francophone community in Manitoba. It also specializes in employment services and information for Francophones 55 and over.

233-ALLÔ, centre d'information
#215 – 383 Provencher Blvd.
St. Boniface (MB) R2H 0G9
Phone: 233-ALLÔ (2556)
Toll-free: 1-800-665-4443
E-mail: 233allo@sfm-mb.ca
Web site: www.sfm-mb.ca

CONTACT Community Information

CONTACT Community Information is a community information referral service, which refers Manitobans to social services and programs available through health, educational, cultural and recreational resources in the province of Manitoba.

INNOVATIVE MEDICAL SUPPLIES
IMS
HOME HEALTHCARE PRODUCTS
MEDICAL & ATHLETIC INJURY SUPPLIES

217 Henderson Highway
Winnipeg, Manitoba
R2L 1M1
Phone: 204-663-6633
Fax: 204-663-2452
Toll Free: 1-800-323-8634
E-mail: inmed@mts.net

- Scooters
- Wheelchairs
- Lift Chairs
- Adjustable Beds
- Walkers
- Canes
- Bathroom Safety Products
- Crutches
- Compression Stockings
- Incontinence Products
- Daily Living Aids
- Braces and Supports
- Medical/First Aid Supplies

SALES • SERVICE • RENTALS

CONTACT operates a free, confidential inquiry line Monday to Friday, 9:00 a.m. – 4:30 p.m., publishes Community Resource Guides containing information on community organizations and programs, and provides the same community service information via their web site.

CONTACT Community Information
Suite 410, 5 Donald Street S.
Winnipeg, MB R3L 2T4
Phone: (204) 287-8827
Toll-free: 1-866-266-4636
Fax: (204) 287-8785
E-mail: projectvcw@mts.net
Web site: www.contactmb.org

Congratulatory Messages

The Greetings Branch of the Manitoba Legislative Assembly is the central office for all congratulatory messages.

Contact the Greetings Branch for information about which birthdays and anniversaries are eligible to receive congratulatory messages.

Province of Manitoba
Greetings Branch
Room 244 Legislative Building
450 Broadway
Winnipeg, MB R3C 0V8
Phone: 945-1657
Toll-free: 1-800-282-8069
Fax: 945-1443
E-mail: greeting@leg.gov.mb.ca
Web site: www.gov.mb.ca/leg-asmb/greeting/greeting.html

Messages from mayors and reeves may be arranged by contacting their respective offices. Religious messages may be arranged through your local clergy. The Greetings Branch supplies phone numbers for messages from the Pope.

Provincial Archives of Manitoba

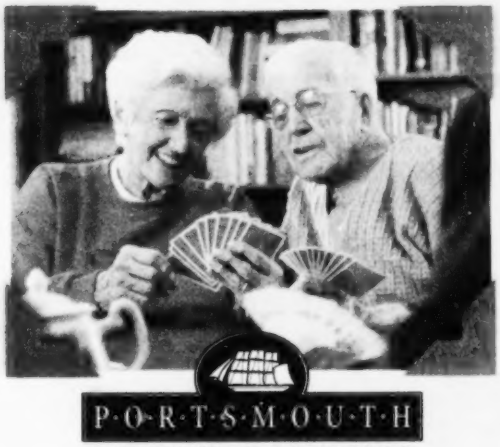
The Provincial Archives holds records from the courts, many provincial government programs, local governments, school authorities, and religious organizations, which may be helpful in establishing proof of age for obtaining social and financial benefits or for searching family history. The Archives also has extensive records in various media donated by individuals, businesses and organizations from Manitoba's earliest days, including records of the Hudson's Bay Company dating back to the year 1670.

Provincial Archives of Manitoba
200 Vaughan Street
Winnipeg, MB R3C 1T5
Phone: 945-3971
Toll-free: 1-800-617-3588
Web site:
www.gov.mb.ca/archives

Library Services

Manitoba Legislative Library

The library holds extensive collections of books, government publications and journals, emphasizing subject areas such as political and social sciences, economics, public administration and management, law and legislation, and Manitoba history.


P·O·R·T·S·M·O·U·T·H
RETIREMENT RESIDENCE
• Staff on site 24 hours a day
• Full dining room service
• Organized recreation program
• Housekeeping & laundry
(204)284-5432
125 PORTSMOUTH BLVD., WINNIPEG

The Legislative Library operates two locations where members of the Legislative Assembly, Manitoba government personnel and the general public may access its resources and services.

Main Library
200 Vaughan Street
Winnipeg, MB R3C 1T5
Phone: 945-4330
Fax: 948-1312
E-mail:
legislative_library@gov.mb.ca
Web site:
www.gov.mb.ca/chc/leg-lib/index.html

Legislative Reading Room
Room 260, Legislative Building
450 Broadway
Winnipeg, MB R3C 0V8
Phone: 945-4243
Fax: 948-2167
E-mail: reading@leg.gov.mb.ca

Other Library Services

Public Libraries are lending libraries offering books, magazines, multilingual materials, CD roms, Internet access, talking books, large print books, audio visual materials, phone in or on-line reference, home-bound delivery and many other services.

In Winnipeg
Winnipeg Public Library
Phone: 986-6450
TTY: 986-3485
Fax: 942-5671

Outside Winnipeg
Public Library Services
Toll-free: 1-800-252-9998
Fax: (204) 726-6868
E-mail: pls@gov.mb.ca
Web site:
http://maplin.gov.mb.ca

The Metis Resource Centre

The Metis Resource Centre has a Metis genealogy service culture and history-based non-lending library, which is open to those who are interested in coming down for a visit. For more information contact:

The Metis Resource Centre
506 – 63 Albert Street
Winnipeg, MB R3B 1G4
Phone: 956-7767
E-mail:
metisrc@mb.sympatico.ca
Web site:
www.metisresourcecentre.mb.ca

DON'T THINK YOU NEED TRAVEL HEALTH COVERAGE?

We think you do!

BLUE CROSS®

Call us at 775-0151 or visit us in Polo Park

® Registered trade mark of the Canadian Association of Blue Cross Plans. Used under license by Manitoba Blue Cross

Travel Information

Elderhostel programs in Canada, and programs for Canadians Routes to Learning Canada (formerly ELDERHOSTEL Canada)

4 Cataraqui Street
Kingston, ON K7K 1Z7
Toll Free: 1-866-745-1690
Fax: 1-613-530-2096
E-mail:
information@routestolearning.ca
Web site:
www.routestolearning.ca

Tourist Information Services

Manitoba Legislative Building
101 – 450 Broadway
Winnipeg, MB R3C 0V8
Phone 945-5813
Toll-free:1-800-665-0040
(ext. 5813)

Travel Manitoba Centre
21 Forks Market Road
Winnipeg, MB R3C 4T7
Phone: 945-3777
Toll-free: 1-800-665-0040
Across North America

Heritage Information

There are two publications available at the Historic Resources Branch that can provide information on provincial and municipal heritage sites:

- Manitoba Heritage Site Designations, Heritage Building Grants, Manitoba Heritage Council Commemorative Plaques
- Manitoba Explorer's Guide

For more information, contact:
Manitoba Culture, Heritage and Tourism
Historic Resources Branch
Main Floor, 213 Notre Dame Avenue
Winnipeg, MB R3B 1N3
Phone: 945-2118
Toll-free: 1-800-282-8069
Fax: 948-2384
E-mail: jwachs@gov.mb.ca
Web site:
www.gov.mb.ca/chc/hrb

Research

Centre on Aging

The Centre on Aging is a multidisciplinary research centre at the University of Manitoba. Its purpose is to conduct and stimulate research on all aspects of aging, as well as provide a focus for university and other regional research activities in this field.

The Centre on Aging publishes a newsletter (available on request) and sponsors lectures and seminars. It hosts an annual spring research symposium to promote a dialogue on various aspects of aging. For further information, contact:

Centre on Aging
338 Isbister Building
University of Manitoba
Winnipeg, MB R3T 2N2
Phone: 474-8754
Toll-free: 1-800-432-1960
ext. 8754
Fax: 474-7576
E-mail: aging@umanitoba.ca
Web site:
http://www.umanitoba.ca/centres/aging

Manitoba Association on Gerontology

The Manitoba Association on Gerontology (MAG) offers a means for individuals from a variety of disciplines to meet and cooperatively address common issues in the field of gerontology. Members are committed to sustaining the social values and philosophy which strengthen and advance human dignity and personal fulfillment during the course of aging. For further information, please contact:

Manitoba Association on Gerontology
Box 1833
Winnipeg, MB R3C 3R1
Phone: 783-8389
(to leave messages only)

Eden Memorials

Monuments • Markers
Granite and Bronze

NO PST

"We Are Here When You Need Us"

3022 Main Street, Winnipeg MB R2V 4T2
(2 minutes North of the Chief Pequis Bridge)

Ph: (204) 586-8579 Fax: (204) 586-8578
www.edenmemorials.com

Newspapers

Manitoba Society of Seniors Journal

The MSOS Journal, primarily for people 50-plus, is the official publication of the Manitoba Society of Seniors Inc. and is published monthly. Inquiries or submissions to the *MSOS Journal* should be addressed to the editor:

MSOS Journal
202 – 323 Portage Avenue
Winnipeg, MB R3B 2C1
Phone: 942-3147
Toll-free: 1-800-561-6767

The Prime Times News

The Prime Times News is published on the 1st and 15th of each month. The newspaper is dedicated to inform, serve and entertain Manitobans aged 50 and over. For information call:

The Prime Times News
202-63 Albert Street
Winnipeg, MB R3B 1G4
Phone: 949-4810

Senior Scope

Senior Scope is a free, weekly publication that reports on seniors' issues, affairs, and community events. *Senior Scope* is circulated throughout Winnipeg and the surrounding area at senior centres, all city libraries, legislature, legions, medical clinics, hospitals, restaurants, Johnston Terminal at The Forks, and many other locations. For more information contact:

Senior Scope
Unit A4, 940 Erin Street
Winnipeg, MB R3G 2W5
Phone: 772-2400 or 467-9000
Fax: 772-2440 or 467-7096

EXPECT THE WORLD @ WINNIPEG PUBLIC LIBRARY!

- Large Print books
- Free Internet access
- Bestsellers Express
- Renew items online or by phone (986-4657)
- Outreach Services (986-4375)

wpl.city.winnipeg.mb.ca

Royal Fork Buffet
Winnipeg's Best Dining Value!
Our Menu features a Variety
of Delicious Homestyle Entrees
plus each meal includes:
Soup, Salads,
Beverages & Desserts
Something To Please Everyone
All For One Low Price
Get Your Senior Value Club Card, Too!
Large Groups Welcome
Private Facilities for Meetings & Card Parties
◈ Nairn & Lagimodiere ◈ at Kildonan Crossing ◈
◈ (204) 668-1960 ◈

Seniors Organizations

Manitoba Society of Seniors Inc.

Manitoba Society of Seniors Inc. (MSOS) is a charitable provincial organization created and operated by and for Manitobans 50 years of age and over. Its mission is to represent the interests of older adults in Manitoba and to promote a healthy lifestyle to seniors on behalf of the interests and welfare of older persons. It presents the views of seniors to government, to media and to professional and business groups.

Membership includes a wide range of benefits and services such as assistance with income tax preparation, travel services, referral to legal services, the 55 Plus Games and a walking program. For more information, contact:

Manitoba Society of Seniors
202 – 323 Portage Avenue
Winnipeg, MB R3B 2C1
Phone: 942-3147
Toll-free: 1-800-561-6767
E-mail: msos@msos.mb.ca
Web site: www.msos.mb.ca

La Fédération des aînés franco-manitobains inc.

La Fédération des aînés franco-manitobains inc. represents and protects the interests of Francophones aged 55 years and over while contributing to the development of the community. Primary actions are lobbying, communication, promotion, and community development.

La Fédération des aînés
franco-manitobains inc.
212 – 383 Provencher Blvd.
St. Boniface, MB R2H 0G9
Phone: 235-0670
Toll-free: 1-800-665-4443
Fax: 233-1017
E-mail: fafm@franco-manitobain.org
Web site: www.franco-manitobain.org/sfm/crc/volet_55.html

Creative Retirement Manitoba

Creative Retirement Manitoba promotes the health and well-being of individuals and communities through developing and offering innovative learning opportunities with and for older persons.

Programs Include:

- Courses (fitness and health, humanities and social sciences, music and art, personal development, computers and technology)
- 55 Alive Mature Driving
- Students and Seniors Together (senior volunteers in schools)
- Retirement preparation
- Public education on seniors and aging
- Leisure time activities and special events
- Performing and service groups
- Seniors Resource Network website management (http://seniors.cimnet.ca)

Creative Retirement Manitoba
270 Sherbrook Street
Winnipeg, MB R3C 2B9
Phone: 949-2565
E-mail: denesiuk@crm.mb.ca
Web site:
http://www.seniorscan.ca

Senior Centres

Senior Centres are multi-service organizations aiming to support personal growth and independence, and encourage involvement in and with the community. Each senior centre attempts to respond to the needs and interests of older persons in their locality. Programs may include education, health, nutrition, fitness and exercise, recreation, creative arts, advocacy, volunteer opportunities, leadership development, legal advice, personal counselling, information and referral, and other support services. Centres also serve as community resources for information on aging.

Age and Opportunity

Age and Opportunity operates six senior centres in Winnipeg, which provide a variety of health related, educational, recreational programs and on site social work counselling. Other services include resources for caregivers, retirement planning, legal assistance and Friendly Visiting Services. For more information, contact:

Age and Opportunity
200, 283 Portage Avenue
Winnipeg, MB R3B 2B5
Phone: 956-6440
E-mail:
info@ageopportunity.mb.ca
Web site:
www.ageopportunity.mb.ca

Age and Opportunity Senior Centres

NorWin 55+ Active Living Centre
472 Selkirk Avenue
Winnipeg, MB R2W 2M7
Phone: 582-2329

NorWin 55+ Active Living Centre
817 Main Street
Winnipeg, MB R2W 5J2
Phone: 942-7486

St. Vital/St. Boniface Senior Centre
613 St. Mary's Road
Winnipeg, MB R2M 3L8
Phone: 956-9750

Smith Street Senior Centre
2nd Floor – 185 Smith Street
Winnipeg, MB R3C 3G4
Phone: 956-6480

Stradbrook Senior Centre
400 Stradbrook Avenue
Winnipeg, MB R3L 2P8
Phone: 956-6490

West End Senior Centre
644 Burnell Street
Winnipeg, MB R3G 2B7
Phone: 772-9581

Other Winnipeg Senior Centres

Charleswood Senior Centre, Inc.
Room 5 Royal School
450 Laxdal Road
Winnipeg, MB R3R 0W4
Phone/Fax: 897-5263
E-mail: jgrusko@ro.assd3.org
Web site:
www.seniors.cimnet.ca

Good Neighbours Seniors Centre
755 Henderson Highway
Winnipeg, MB R2K 2K5
Phone: 669-1710
Fax: 661-0750
E-mail: gnsc@mts.net

Gwen Secter Creative Living Centre
1588 Main Street
Winnipeg, MB R2V 1Y3
Phone: 339-1701
Fax: 334-3779
E-mail:
gwensect@mb.sympatico.ca
Web site:
www3.mb.sympatico.ca/~gwensect

St. James/Assiniboia Senior Centre Inc.
2109 Portage Avenue
Winnipeg, MB R3J 0L3
Phone: 987-8850
Fax: 987-8856
E-mail: kpirnie@stjasc.mb.ca
Web site:
http://communities.msn.com/StJamesAssiniboiaSeniorCentre

Care FOR THE Older Pet

CONSULT
PEMBINA
VETERINARY HOSPITAL
400 PEMBINA HWY.
WPG, MB R3L 2E7
452-9427

Stay Young Centre
Rose & Max Rady Jewish Community Centre
B100 – 123 Doncaster Street
Winnipeg, MB R3N 2B3
Phone: 477-7545
Fax: 477-7530
E-mail: emcgill@aspercampus.mb.ca

Senior Centres Outside Winnipeg

Brandon Civic Senior Citizens Inc.
Prairie Oasis Senior Centre
241 – 8th Street
Brandon, MB R7A 3X2
Phone: 727-66-1
Fax: 725-0669

Seniors for Seniors Co-op Inc.
311 Park Avenue East
Brandon, MB R7A 7A4
Phone: 571-2050
Fax: 726-4691
E-mail: sfors@westman.wave.ca

Dauphin Multi-Purpose Senior Centre
55 – 1st Avenue South East
Dauphin, MB R7N 2A2
Phone: 638-6485
Fax: 638-6874
E-mail: dsc_admin@mts.net or dsc_progs@mts.net

Gimli 55+ Centre
Box 1821
Gimli, MB R0C 1B0
Phone: 642-7909
Fax: 642-5156

Morden Friendship and Seniors Services and Activity Centre Inc.
306 North Railway Street
Morden, MB R6M 1S7
Phone: 822-3555
Fax: 822-4822
E-mail: plplett@mts.net

Herman Prior Senior Services Centre Inc.
40 Royal Road North
Portage la Prairie, MB R1N 1V1
Phone: 857-6951
Fax: 857-6743

Gordon Howard Senior Centre
384 Eveline Street
Selkirk, MB R1A 1N3
Phone: 785-2092
Fax: 785-2095

Steinbach 55 Plus
(Serving Seniors Inc.)
Box 20574, 304 – 2nd Street
Steinbach, MB R0A 2T2
Phone: 320-4600
Fax: 320-9098
E-mail: ssinc@res1.mts.net
Web site: www.geocities.com/servingseniors

South Interlake 55+ Inc.
Box 309
Stonewall, MB R0C 2Z0
Phone: 467-2582
Fax: 467-2647

Winkler and District Multi-Purpose Senior Centre
Box 653
394 – 6th Street
Winkler, MB R6W 4A8
Phone: 325-8964
Fax: 325-8984
E-mail: wsc@valleycable.com

Circle of Life Thunderbird House

Thunderbird House is the outcome of a dynamic community vision and one part of a broader development called Neeginan ("our place"). This Aboriginal Centre offers various programs and services such as Powwow instruction, traditional dancing, chanting, drumming, Bible study, and Women's group. Family and individual counselling is also available. Other Workshops and Special Programs are offered on a regular basis. All people and cultures are invited to share in the programs offered. For further information contact:

Circle of Life Thunderbird House
715 Main Street
Winnipeg, MB R3B 3N7
Phone: 940-4240
Fax: 940-4243
E-mail:thunderbirdhouse2@govideon.net
Web site:
www.thunderbirdhouse.com

HOME CARE

NOR-MAN REGIONAL HEALTH AUTHORITY

50 Church St.
Flin Flon, MB R8A 1K5

The Pas -
Ph: (204) 627-8322
Fax: (204) 627-8285

Flin Flon -
Ph: (204) 687-4870
Fax: (204) 687-7143

Web site: www.norman-rha.mb.ca

Community Seniors Resource Councils (Support Services to Seniors)

Many communities, in an effort to assist seniors to remain living independently as long as possible, have established community resource councils. The councils act as a point of access for information and referral, as well as identify and develop new services needed for seniors at the local level. These services may include:

- congregate meals
- friendly visitors
- yard and home maintenance
- escorted transportation
- safety checks (daily hello)
- emergency response information kit (E.R.I.K)
- advocacy

For more information contact the community resource council nearest you.

Brandon Region

Seniors for Seniors Co-op Inc.
311 Park Avenue East
Brandon, MB R7A 7A4
Phone: 571-2053
Fax: 726-4691
E-mail: sfors@westman.wave.ca

Assiniboine Region

Seniors Independent Services
Box 97
Baldur, MB R0K 0B0
Phone: 535-2538

Seniors Independent Services
Box 297
Belmont, MB R0K 0C0
Phone/Fax: 537-2642

Seniors Services of Banner County Inc.
P.O. Box 131
Binscarth, MB R0J 0G0
Phone: 532-2134
Fax: 532-2468

Services for Seniors of Turtle Mountain Area Inc.
Box 962
Boissevain, MB R0K 0E0
Phone: 534-6816

Carberry Plains Services for Seniors
Box 597
Carberry, MB R0K 0H0
Phone: 834-3310
Fax: 834-2795

Seniors Services of Roblin-Cartwright
Box 275
Cartwright, MB R0K 0L0
Phone: 529-2590

Seniors Outreach Services of Bren-Win Inc.
Box 392
Deloraine, MB R0M 0M0
Phone: 747-3283
Fax: 747-2883

Seniors Access to Independent Living Inc. – SAIL
Box 70
Elkhorn, MB R0M 0N0
Phone: 845-2011
Fax: 845-2605

Erickson-Onanole Services to Seniors
Box 97
Erickson, MB R0J 0P0
Phone: 636-7895
Fax: 636-2516

Support Services to Seniors, Foxwarren
Box 44
Foxwarren, MB R0J 0R0
Phone/Fax: 847-2080

Diet AND THE **Older Pet**

CONSULT
EXCLUSIVELY CATS
VETERINARY HOSPITAL
981 CORYDON AVE
WPG, MB R3M 0X1
287-8810

Seniors Independent Services
Box 639
Glenboro, MB R0K 0X0
Phone: 827-2703
Fax: 827-2199

Helping Hands for Glenella Districts Inc.
General Delivery
Glenella, MB R0J 0V0
Phone: 352-2248

Hamiota Seniors Council Inc.
Box 671
Hamiota, MB R0M 0T0
Phone: 764-2658
Fax: 764-2049

Seniors Organized Services of Souris Valley Inc. – SOS
Box 428
Hartney, MB R0M 0X0
Phone: 858-2597
Fax: 858-2166

MILES for Seniors – Maintaining Independent Living with Extended Services for Seniors
Box 40
Holland, MB R0G 0X0
Phone: 526-2249
Fax: 526-2028

Woodworth Seniors Services
Box 163
Kenton, MB R0M 0Z0
Phone: 838-2169
Fax: 838-2000

Share Our Services – SOS
c/o Tri-Lake Health Centre
Box 5000
Killarney, MB R0K 1G0
Phone: 523-3213
Fax: 523-8948

Senior Services of Antler River
Box 413
Melita, MB R0M 1L0
Phone: 522-8466
Fax: 522-3161

Miniota Municipal Services to Seniors & Parkissimo Lodge Inc.
Box 213
Miniota, MB R0M 1M0
Phone: 567-3625
Fax: 567-3807

Minnedosa and District Services to Seniors
Box 1844
Minnedosa, MB R0J 1E0
Phone: 867-5190
Fax: 867-3641

Home Assistance in Neepawa and District Inc. – HAND
Box 1852
Neepawa, MB R0J 1H0
Phone: 476-2009
Fax: 476-2188

Harrison House (Meal Program)
Newdale, MB R0J 1J0
Phone: 874-2122

Senior Services of Antler River
Box 185
Pierson, MB R0M 1S0
Phone: 634-2332

Senior Services of Rivers-Rapid City and District Inc.
Box 215
Rapid City, MB R0K 1W0
Phone: 826-2732

Seniors Helping Hand of Alstone Inc.
Box 384
Reston, MB R0M 1X0
Phone: 877-3920

Senior Services of Rivers-Rapid City and District Inc.
Box 809
Rivers, MB R0K 1X0
Phone: 328-7901

Rossburn and District Service for Seniors
P.O. Box 418
Rossburn, MB R0J 1V0
Phone: 859-2720
Fax: 859-2959

Seniors Services of Banner County Inc.
Box 1073
Russell, MB R0J 1W0
Phone/Fax: 773-2316

Senior Services of Prairie-Parkland Inc.
Box 543
Shoal Lake, MB R0J 1Z0
Phone/Fax: 759-2195

Seniors Organized Services of Souris Valley Inc. – SOS
Box 951
Souris, MB R0K 2C0
Phone: 483-3106

Senior Services of Prairie-Parkland Inc.
Box 116
Strathclair, MB R0J 2C0
Phone/Fax: 365-2012

Seniors Access to Independent Living Inc. – SAIL
Box 1984
Virden, MB R0M 2C0
Phone: 748-2323
Fax: 748-2053

Seniors Outreach Services of Bren-Win Inc.
Box 104
Waskada, MB R0M 2E0
Phone: 673-2534

Seniors Independent Services – SIS
Box 413
Wawanesa, MB R0K 2G0
Phone: 824-2670
Fax: 824-2133

Burntwood Region

Thompson Seniors Resource Council
424 Westwood Drive
Thompson, MB R8N 0G9
Phone: 677-9676
Fax: 677-9990

(North) Central Region

Cartier Senior Citizens Support Inc.
Box 215
Elie, MB R0H 0H0
Phone: 353-2470
Fax: 353-2209

Gladstone Area Seniors Support Program
Box 757
Gladstone, MB R0J 0T0
Phone: 385-3026
E-mail: gassp@mb.sympatico.ca

Headingley Senior Services Incorporated
5765 Portage Avenue
Headingley, MB R4H 1E7
Phone: 832-1444
Fax: 831-7207

MacGregor-Austin Senior Support Program
Box 717
MacGregor, MB R0H 0R0
Phone: 685-2083
Fax: 685-2983

Portage Service for Seniors Inc.
1643 Saskatchewan Avenue W.
Portage la Prairie, MB R1N 0R4
Phone: 239-1453 or 239-6312
Fax: 857-9080
E-mail:
PSFSeniors@mb.sympatico.ca

(South) Central Region

Rhineland C.A.R.E. Inc.
Box 697
Altona, MB R0G 0B0
Phone: 324-1528
Fax: 324-5694

Carman Community Seniors Resource Council
Box 160
Carman, MB R0G 0J0
Phone: 745-6611
Fax: 745-2903
E-mail: carmanseniors@mb.sympatico.ca

Pembina Community Resource Council
Box 129
Manitou, MB R0G 1G0
Phone: 242-2744
Fax: 242-3062
E-mail: pcrc@mb.sympatico.ca

Morden Services for Seniors Inc.
306 North Railway Street
Morden, MB R6M 1S7
Phone/Fax: 822-5663
E-mail:
servicesforseniors@mts.net

Morris Area Senior Services
Box 997
Morris, MB R0G 1K0
Phone: 746-6336
Fax: 746-8299

Louise Community Services
Box 232
Pilot Mound, MB R0G 1P0
Phone: 825-2443
Fax: 825-2176
E-mail: louisecs@mts.net

Lorne Community Support Services
Box 40
Swan Lake, MB R0G 2S0
Phone: 836-2585
Fax: 836-2701

Winkler and District Multi-Purpose Senior Centre Inc.
Box 653
Winkler, MB R6W 4A8
Phone: 325-8964
Fax: 325-8984
E-mail: wsc@valleycable.com

(North) Eastman Region

Two Rivers Seniors Resource Council Inc.
Box 1030
Lac du Bonnet, MB R0E 1A0
Phone: 345-1227
Fax: 345-8609

Heirloom Antiques
Tel: 947-1639

We buy & sell:

- Discontinued Royal Albert China
- Antique glassware
- 19th & early 20th century furniture, paintings & prints

We provide written appraisals for:

- Insurance
- Estate division
- Market value

Store Hours
Monday - Saturday
11:00 a.m.- 5:00 p.m.

Located in the Exchange District
124 King Street, Winnipeg, MB

Certified Appraisers
Hourly Rates

Member of the Better Business Bureau

Springfield Services to Seniors
Box 103 – 689 Main Street
Oakbank, MB R0E 1J1
Phone: 444-6128
Fax: 444-7851

Two Rivers Seniors Resource Council Inc.
Box 272
Pinawa, MB R0E 1L0
Phone: 348-4610

Winnipeg River Resource Council Incorporated
Box 1109
Pine Falls, MB R0E 1M0
Phone: 367-9128
Fax: 367-8981

Helping Eastlake People Centre
Box 115
Victoria Beach, MB R0E 2C0
Phone/Fax: 756-6471

(South) Eastman Region

Niverville Senior Services
Box 14
Niverville, MB R0A 1E0
Phone: 388-9945
Fax: 388-6110

R.M. of De Salaberry Seniors Resource Program
Box 187
St. Malo, MB R0A 1T0
Phone: 347-5652
Fax: 347-5901
E-mail: crem@escape.ca

Senior Service pour Aînées
Box 252
St. Pierre-Jolys, MB R0A 1V0
Phone: 433-3276
Fax 433-3884
E-mail:
morrissette@hotmail.com

LGD of Piney Community Resource Council Inc.
Box 24
South Junction, MB R0A 1Y0
Phone: 437-2604
Fax: 437-2198

Serving Seniors Inc.
Box 20574
Steinbach, MB R0A 2T2
Phone: 326-4499
Fax: 320-9098
E-mail: ssinc@sympatico.ca

Vita and District Resource Council Inc.
Box 361
Vita, MB R0A 2K0
Phone: 425-3701
Fax: 425-7975
E-mail: vdrc@escape.ca

The following have tenant resource coordinators for their complex only:

Villa Youville Inc.
Ste. Anne, MB
Phone: 422-5624 ext. 236
Fax: 422-5842
E-mail:
asaindon@schealth.mb.ca

Fernwood Place (Steinbach Housing Inc.)
Steinbach, MB
Phone: 326-2547

Woodhaven Manor (Rest Haven Care Services)
Steinbach, MB
Phone: 346-0126
Fax: 346-0386

Parkview Complex (Rest Haven Care Services)
Steinbach, MB
Phone: 326-5399

Interlake Region

Arborg and District Seniors Resource Council
Box 935
Arborg, MB R0C 0A0
Phone: 376-3494
Fax: 376-5379

Living Independence for Elders – LIFE
Box 684
Ashern, MB R0C 0E0
Phone: 768-2187
Fax: 768-2961
E-mail:
lifeash@mb.sympatico.ca

Eriksdale Community Resource Council Inc.
Box 382
Eriksdale, MB R0C 0W0
Phone: 739-2697
Fax: 739-2073

Fisher Branch Seniors Resource Council
Box 274
Fisher Branch, MB R0C 0Z0
Phone: 372-8703 ext. 315
Fax: 372-8710

Gimli Seniors Resource Council Inc.
Box 1928
Gimli, MB R0C 1B0
Phone: 642-7297
Fax: 642-4604
E-mail: gsrc@escape.ca

Lundar Community Resource Council
Box 90
Lundar, MB R0C 1Y0
Phone: 762-5378
Fax: 762-5177

Riverton Seniors Resource Program
Box 359
Riverton, MB R0C 2R0
Phone: 378-2534
Fax: 378-5705
Toll-free: 1-888-414-0606

St. Laurent Senior Resource Council Inc.
Box 308
St. Laurent, MB R0C 2S0
Phone: 646-2504, ext. 227
Fax: 646-2394

Gordon Howard Support Services
384 Eveline Street
Selkirk, MB R1A 1N3
Phone: 785-2737
Fax: 785-2095

South Interlake Seniors Resource Council Inc.
Box 36
Stonewall, MB R0C 2Z0
Phone: 467-2719
Fax: 467-2647

Teulon and District Seniors Resource Council
Box 418
Teulon, MB R0C 3B0
Phone: 886-2570
Fax: 886-2778
E-mail: tdsrc@escape.ca

Parkland Region

Dauphin and District Services for Seniors Inc.
#3 – 17 – 3rd Avenue N. E.
Dauphin, MB R7N 0Y5
Phone: 638-9733
Fax: 638-9389
E-mail: seniors@mts.net

Grandview and District Community Resource Council Inc.
Box 235
Grandview, MB R0L 0Y0
Phone: 546-2085

McCreary People Helping People Inc.
Box 521
McCreary, MB R0J 1B0
Phone: 835-2782
Fax: 835-2713
E-mail: mssts@mts.net

Roblin and District Community Help Centre Inc.
Box 1417
Roblin, MB R0L 1P0
Phone: 937-8276
Fax: 937-8892

Lawrence Resource Council Inc.
Box 41
Rorketon, MB R0L 1R0
Phone: 732-2083
Fax: 732-2557
(call before faxing)

Ste. Rose and District Community Resource Council Inc.
Box 624
Ste. Rose du Lac, MB R0L 1S0
Phone: 447-2478
Fax: 447-2278
E-mail: srrescou@mts.net

Swan River and District Community Resource Council Inc.
Box 2641
Swan River, MB R0L 1Z0
Phone/Fax: 734-5707

Winnipeg Region

Boni-Vital Council for Seniors
Unit 6 – 845 Dakota Street
Winnipeg, MB R2M 5M3
Phone: 255-2061
Fax: 255-4903

Broadway Seniors Resource Council
319 – 691 Wolseley Avenue
Winnipeg, MB R3G 1C3
Phone: 772-3533
Fax: 783-6052

Keewatin/Inkster Neighbourhood Resource Council Inc.
97 Keewatin Street
Winnipeg, MB R3E 3J1
Phone: 774-3085

Middlechurch Community Services
280 Balderstone Road
West St. Paul, MB R4A 4A6
Phone: 336-4126
Fax: 334-2503

Downtown Seniors Resource Council
425 Elgin Avenue
Winnipeg, MB R3A 1P2
Phone: 956-2566
Fax: 942-7828

North Winnipeg Community Council for Seniors Inc.
472 Selkirk Avenue
Winnipeg, MB R2W 2M7
Phone: 586-1465
Fax: 589-0554

River East Council for Seniors
755 Henderson Highway
Winnipeg, MB R2K 2K5
Phone: 667-6812
Fax: 661-0750

St. James/Assiniboia Senior Centre Inc.
2109 Portage Avenue
Winnipeg, MB R3J 0L3
Phone: 987-8858
Fax: 987-8856

South Winnipeg Seniors Resource Council
Room 123 – Day Hospital
Riverview Health Centre
1 Morley Avenue
Winnipeg, MB R3L 2P4
Phone: 478-6169
Fax: 478-6121

Transcona Council for Seniors
95 Bournais Drive
Winnipeg, MB R2C 3Z2
Phone: 222-9879
Fax: 222-5774

Support and Funding for Seniors Organizations

Skills Programs for Management Volunteers

The Skills Program is designed to enhance the effectiveness of boards and committees of volunteer-based organizations. Resource people are available throughout the province to assess needs and provide consultation and training for a reasonable fee. Printed resources are also available. For more information, contact:

Recreation Consultant
Manitoba Culture, Heritage and Tourism
6th floor, 213 Notre Dame Avenue
Winnipeg, MB R3B 1N3
Phone: 945-2389
Fax: 945-1684
E-mail: sumoore@gov.mb.ca

If you live outside Winnipeg, contact your regional office of Manitoba Culture, Heritage and Tourism.

726-6066 (Westman)
Toll-free: 1-800-259-6592
822-5418 (Central)
268-6018 (Eastman)
Toll-free: 1-800-665-6107
642-6006 (Interlake)
622-2022 (Parkland)
677-6780 (Norman)
627-8213 (The Pas)

Co-operative Development Services

Co-operative Development Services helps groups of senior citizens and/or their organizations incorporate co-operatives to meet their social and economic needs. Examples of some of the needs are housing, social, recreational or cultural clubs and services.

Co-operatives offer seniors opportunities to lead more active and rewarding lives. For more information on how your group can form a co-operative to meet your needs, please contact:

Co-operative Development Services
Intergovernmental Affairs
605 – 800 Portage Avenue
Winnipeg, MB R3G 0N4
Phone: 945-8650
Toll-free: 1-800-282-8069
Fax: 948-2362

Population and Public Health Branch

Health Canada has adopted a population health approach to further its continuing mandate to maintain and improve the health of Canadians. Using this approach, health is described as the interaction among many factors, known as determinants of health. This approach promotes prevention and positive action on determinants that affect the health of the population as a whole, or that of specific population groups. In the later life area, Health Canada is particularly concerned about:

- addressing factors leading to illness, disability and death,
- strengthening the capacity to support healthy aging,
- enhancing personal autonomy and independence, and
- addressing concerns surrounding the end-of-life.

For more information contact:

Population and Public Health Branch
Health Canada
391 York Avenue, Suite 420
Winnipeg, MB R3C 0P4
Phone: 983-4247

Grants and Resources Manual

Manitoba Culture, Heritage and Tourism, Recreation and Wellness Promotion Branch publishes a grants and resources manual which identifies financial and consultative supports available from provincial and federal government departments and other organizations of interest to recreation service providers. Copies for the public may be found at all libraries in the City of Winnipeg as well as rural and northern Manitoba.

The Grants and Resources Manual is now available online at: www.gov.mb.ca/chc/grants/index.html

Manitoba Community Services Council, Inc.

The Manitoba Community Services Council (MCSC) allocates funds and bingo events to Manitoba non-profit organizations qualifying as participants under the community services umbrella. MCSC funds projects and services of recreation, health-related, community service and social service organizations.

Manitoba Community Services Council, Inc.
102 – 90 Garry Street
Winnipeg, MB R3C 4H1
Phone: 940-4450
Fax: 453-2692
E-mail: applications@mbcsc.ca

Financial Benefits

How To Apply For Benefits

Proof of Age

To obtain reductions and benefits available to senior citizens, you are often expected to prove your age. This is especially important when you are applying for government pensions and benefits. A copy of your birth or baptismal certificate should be included with your application form. If these are not available, other documents are often accepted to establish age.

Birth Certificates

If you were born in Canada, you may obtain a copy of your birth certificate by writing to the Vital Statistics office in the province where you were born. Be sure to include your full name, date and place of birth, father's full name, mother's maiden name and the place of birth for both parents. Other provinces may have different requirements for information. You must check with your province. Include your signature and complete mailing address, and state whether you wish the small size or large size birth certificate. In Manitoba, a $25 fee, payable to the "Minister of Finance" is required. Applications for service may also be made at all Manitoba Land Titles Offices, throughout the province. It takes an average of about two to three weeks to process your certificate.

If you were not born in Canada, the Vital Statistics office can provide you with information on where to call or write for a foreign birth certificate. Contact:

Vital Statistics
254 Portage Avenue
Winnipeg, MB R3C 0B6
Phone: 945-3701
Service in French: 945-5500
Toll-free (within Manitoba): 1-800-282-8069

Baptismal Certificates

The church where you were baptized can supply you with a baptismal certificate. If you do not know the specific church, write the central office of your religious denomination in that city; they may have duplicate records.

Other Documents

If both your birth and baptismal certificates are unavailable, other documents may be used to establish your age. Usually, two or more of the following are required:

- family Bible or other personally kept family records;
- marriage certificate, church roll, communion or confirmation certificates;
- education documents such as school registers, diplomas, teacher's certificates;
- insurance record of government annuity contract;
- hospital or medical records, vaccination records;
- pension or superannuation records;
- employment records;
- newspaper clippings;
- public records such as assessment rolls, voter and jury lists;
- membership records in lodges, clubs and associations;
- military records;
- court records;
- census records and national registration records;
- naturalization documents, citizenship certificate, immigration record or passport.

Social Insurance Number

Many government application request a social insurance number. Application forms are available at all post offices and Human Resource Centres.

Federal Income Security Programs

Federally administered programs are described below.
Information sessions are offered on Income Security Program benefits. Speakers are available on request. For further information, contact:

Human Resources Development Canada
Income Security Programs
Box 818, Station Main
Winnipeg, MB R3C 2N4
Toll-free:
1-800-277-9914 (English)
1-800-277-9915 (French)
1-800-255-4786 (TTY)

Old Age Security (OAS)

To receive OAS, you must meet the residency requirements and be over 65. You do not have to be retired. Full or partial pensions are determined by length of residency in Canada. Monthly cheques are linked to the cost-of-living index. This is taxable income. To avoid any delays in receiving benefits, you should apply six months before your 65th birthday. Old Age Security packages are available by calling the toll-free number or visit your local Human Resource Centre.

Guaranteed Income Supplement (GIS)

This federal government program ensures that every senior has a guaranteed minimum income. A GIS application will be sent to you shortly after approval of your OAS application. Starting in 1999, most people who file an income tax return will have their supplement reviewed automatically without having to send in another form. This is not taxable income. If someone receives an application they should complete it.

The Allowance

The Allowance is paid to the spouse or common-law partner of an Old Age Security pensioner. It is paid on an income-tested basis to applicants who are 60 to 65 and have the required legal residence in Canada. The Allowance is not taxable income. On death of the pensioner, the Allowance will be continued, based on the survivor's income, until age 65.

Allowance For The Survivor

If you are a widow or widower, you may qualify for an Allowance For The Survivor. The benefit is paid on an income test to applicants who are 60 to 65 and have the required legal residence in Canada. Allowance For The Survivor is not taxable income.

Canada Pension Plan (CPP)

Retirement Pensions

The CPP retirement pension is a monthly payment to people who have contributed to the Canada Pension Plan and who are at least 60 years of age. Your retirement pension is based on how much and for how long you contributed to the Plan. You are eligible if:

- you are at least 65 years of age; or
- you are between the ages of 60 and 64 and have substantially or completely stopped working.

Your retirement pension does not start automatically. You must apply for it. Applications should be filed six months before you wish the benefit to begin.

Survivor's Benefits

Upon death of the contributor, a lump sum benefit is payable to the estate, if the minimum contribution requirements have been fulfilled. There is also a monthly benefit available to surviving spouses or common-law partners and dependants.

Disability Pensions

Disability pensions are payable to disabled contributors who have paid into the Plan for the required number of years, are disabled within the meaning of the Plan and are under age 65. These pensions are converted to retirement pensions at age 65.

Assignment of Pensions

Spouses or common-law partners in an ongoing relationship can apply to share their CPP retirement pension payments. Both must be at least 60 and have applied for any CPP pensions to which they are entitled.

Retirement pensions cannot be assigned if either retirement pension is paid under the Quebec Pension Plan.

Credit Splitting

If you are separated or divorced, you may be entitled to retirement, disability, or other benefits higher than those for which you would qualify on your own. If your marriage ended in divorce or annulment, or if you separated following a marriage or common-law union after January 1, 1987, you could be eligible for a credit split. Eligibility for credit splitting depends on a number of factors, including the length of your relationship, when it ended and if there were any spousal agreements. In some cases, there are time limits in applying.

Canada Pension Plan Summary

- You must apply for all benefits and programs.
- All benefits are considered taxable income.
- A cost-of-living adjustment is made in January of each year.

All forms are available on the internet at: www.hrdc-drhc.gc.ca
For more information contact:

Human Resources Development
Income Security Programs
Toll-free:
1-800-277-9914 (English)
1-800-277-9915 (French)
1-800-255-4786 (TTY)
Canada Pension Plan and Old Age Security staff are now located at the following Human Resource Centres:

Winnipeg

391 York Avenue R3C 4W1
1122 Henderson Highway R2G 1L1
1031 Autumnwood Drive R2J 1C6
2527 Portage Avenue R3J 0P1

Rural

Unit 100
1039 Princess Avenue
Brandon, MB R7A 6E2

135 – 2nd Avenue North East
Dauphin, MB R7A 0Z6

86 Main Street
Flin Flon, MB R8A 1J8

158 Stephen Street
Morden, MB R6M 1T3

1016 Saskatchewan Ave. E.
Portage la Prairie, MB R1N 3V2

237 Manitoba Avenue
Selkirk, MB R1A 2M8

321 Main Street
Steinbach, MB R0A 2A0

305 – 4th Street, West
Box 660
The Pas, MB R9A 1K7

Room 118,
North Centre Mall
3 Station Road
Thompson, MB R8N 0N3

Other Federal Benefits

Employment Insurance

Workers 65 years of age or over may apply for Employment Insurance if they lose their jobs. The usual qualifying/entitlement conditions apply.

VICTORIA LIFELINE®

A Program of Victoria General Hospital Foundation

Your connection to people who care

VICTORIA LIFELINE®
24-Hour Personal Response Services
477-3447 or 1-888-722-5222
Ask about our NEW REMINDER SERVICE

To apply for benefits, you must be ready, willing and able to work. You can now apply for benefits on line at www.hrdc-drhc.gc.ca/ei-ae For further information, contact your local Human Resources Development Canada at 1-800-206-7218.

Veterans Affairs Canada

Veterans Affairs Canada has a number of programs that provide financial, health care, and treatment benefits to qualified veterans, disability pensioners and their families. To qualify for assistance, a person must have a permanent disability arising directly out of service in the Canadian Military or meet service, age, health and income requirements. For more information on Disability Pensions, War Veterans Allowance, Veterans Independence Program and Health Programs, contact:

Veterans Affairs Canada
P.O. Box 6050
610 – 234 Donald Street
Winnipeg, MB R3C 4G5
Phone: 983-7040 or
1-800-665-3420

Veterans Affairs Canada
1039 Princess Avenue
Brandon, MB R7A 4J5
Phone: 1-800-665-3420

Bureau of Pensions Advocates

The Bureau of Pensions Advocates, an independent federal division of Veterans Affairs Canada comprised of qualified lawyers, represents veterans, peacetime military servicemen and/or women, and RCMP officers and their widows at appeal board hearings under the Pension Act and the RCMP Superannuation Act. For more information, contact:

Bureau of Pensions Advocates
Box 6050
610 – 234 Donald Street
Winnipeg, MB R3C 4G5
Phone: 983-5598
Toll-free: 1-877-228-2250

Royal Canadian Naval Benevolent Fund

The Royal Canadian Naval Benevolent Fund (RCNBF) helps relieve distress caused by illness, accident or other misfortunes, by providing interest-free loans or grants to veterans and ex-service personnel in need of financial assistance. Those eligible for assistance include former members of the Naval Forces of Canada who entered prior to February 1, 1968, and the Canadian Merchant Navy War Veterans, and their dependants.

The Fund has helped people buy necessities such as food and clothing, and pay for medical, dental, optical, surgical and prosthetic services. It also provides assistance for necessary home repairs and funeral costs, and to replace belongings destroyed by fire. For more information, contact:

Royal Canadian Naval
Benevolent Fund
Box 505, Station B
Ottawa, ON K1P 5P6
Phone: (613) 996-5087
Toll-free: 1-888-557-8777
E-mail: rcnbf@sympatico.ca

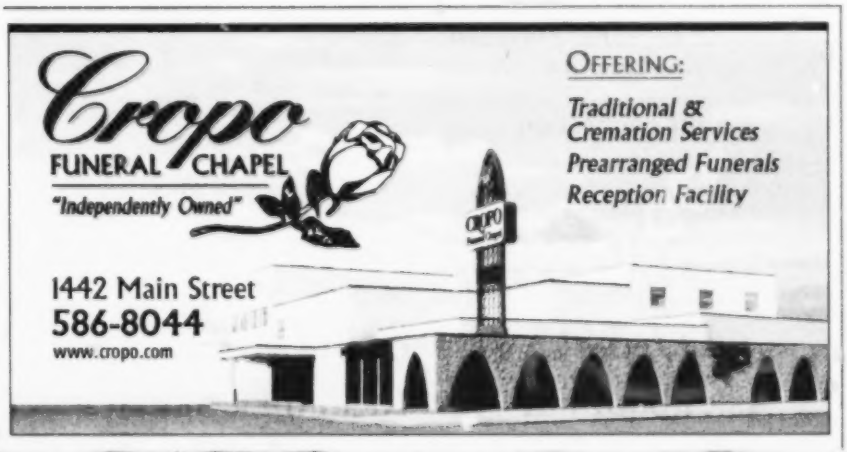
Provincial Income Security Programs

Fifty-Five Plus – A Manitoba Income Supplement

A quarterly income supplement is available to eligible Manitobans who are:

- 55 and over, not receiving Old Age Security program benefits and have an income within a specified range (an annual application is required); or
- receiving certain levels of Federal Guaranteed Income Supplement or Spouse's Allowance Benefits under the Old Age Security Program. An application is not necessary as benefits are paid based on the application for federal benefits.

For more information, contact:



55 Plus – A Manitoba Income Supplement
Box 3000, 203 South Railway St.
Killarney, MB R0K 1G0
Phone: 523-5230
Toll-free: 1-800-563-8793
E-mail: incsupplus@gov.mb.ca

For appeals, contact the Social Services Appeal Board (page 62).

The Manitoba Pension Commission

The Pension Commission of Manitoba, a branch of Manitoba Labour and Immigration, is a regulatory agency responsible for the administration of The Pension Benefits Act and Regulations thereunder. The mandate of the Pension Commission is to promote the establishment, extension and improvement of pension plans. The Act prescribes minimum standards for employer-sponsored pension plans and protects benefits, accrued by employees in employer-sponsored pension plan, through the application of these minimum standards in respect to solvency and funding, information to employees, employer contributions, vesting, portability and locking-in. Establishing employment pension plans is voluntary. About 50% of the work force has access to an employer-sponsored pension plan.

If you would like more information about the Commission's services, employer-sponsored pension plans or The Pension Benefits Act of Manitoba and Regulation, contact:

Manitoba Pension Commission
Room 1004 – 401 York Avenue
Winnipeg, MB R3C 0P8
Telephone: 945-2740
Fax: 948-2375
E-mail: pensions@gov.mb.ca
Web site:
www.gov.mb.ca/labour/pen/index.html

Tax Credits

Shelter Allowance for Elderly Renters (SAFER)

Direct monthly cash assistance is available to elderly renters fifty-five and over in privately owned buildings who meet certain qualifications. The amount of the monthly allowance is based on an individual's or couple's total gross income and on the monthly rent paid. Additional information, assistance and applications are available at:

Family Services and Housing
Shelter Assistance Branch
Main floor – 280 Broadway
Winnipeg, MB R3C 0R8
Phone: 945-2611
Fax: 945-3930
Toll-free: 1-877-587-6224
Web site:
www.gov.mb.ca/fs/programs/housing/safer.html

Persons living in publicly owned seniors housing, rent supplement housing or personal care homes are already benefiting from government subsidies and are therefore not eligible for SAFER.

School Tax Assistance For Tenants/ Homeowners 55+

School Tax Assistance for Tenants and Homeowners, aged 55 plus, provides annual assistance to offset the school tax portion of municipal taxes or rental costs. School tax assistance benefits are paid to eligible applicants once a year. Tenants must apply by application. Homeowners must apply on Form MB 479 of the income

M.C.Delandes **Monuments & Memorials**

We specialize in granite monuments, markers, mausoleums & bronze plaques, for all faiths, languages & cemeteries across Canada for over 60 years.

Shop & compare price & value. 927 Main Street

website: www.mcdelandes.ca • e-mail: mcd@mcdelandes.ca

947-3712

M.C.D's **Cemetery Lettering & Monument Refurbishing**

Professional on-site inscriptions & refurbishing.
We level or replace cement foundations.
Quality craftsmanship guaranteed with over 20 years experience.
Visit our web site for a full illustration of all our services.

782-0851

tax return. Additional information is available at:

Tenants

Family Services and Housing
Shelter Assistance Branch
Main floor – 280 Broadway
Winnipeg, MB R3C 0R8
Phone: 945-2611
Toll-free: 1-877-587-6224

Homeowners

Manitoba Tax Assistance Office
Room 309 – 401 York Avenue
Winnipeg, MB R3C 0P8
Phone: 948-2115
Fax: 948-2263
Toll-free: 1-800-782-0771
E-mail: tao@gov.mb.ca
Web site:
www.gov.mb.ca/finance/tao

Income Tax Services

Information is provided at the Manitoba Tax Assistance Office in Winnipeg to help complete the provincial section of the tax return.

Many senior centres across the province offer special clinics for income tax preparation, including Age and Opportunity and the Manitoba Society of Seniors.

For more information, contact your senior centre, community resource council or:

Manitoba Tax Assistance Office
309 – 401 York Avenue
Winnipeg, MB R3C 0P8
Phone: 948-2115
Fax: 948-2263
Toll-Free: 1-800-782-0771
E-mail: tao@gov.mb.ca
Web site:
www.gov.mb.ca/finance/tao

Canada Customs and Revenue Agency
Taxation Volunteer Program
Phone: 983-6978 for the location of the program nearest you during tax season

Federal Income Tax
(General Inquiries):
Toll-free: 1-800-959-8281

Community Financial Counselling Service
Community Income Tax Service
203 – 290 Vaughan Street
Winnipeg, MB R3B 2N8
Phone: 989-1900

Financial Counselling

Community Financial Counselling Service

Community Financial Counselling Service provides financial assessment, credit counselling and information on money management to individuals and families. The agency can negotiate with creditors and set up repayment plans. The service is confidential; no information is released and no action is taken without the knowledge and consent of the client. Nominal fees, based on income and family size, are charged.

Community Financial Counselling Service
203 – 290 Vaughan Street
Winnipeg, MB R3B 2N8
Phone: 989-1900
Fax: 989-1908
E-mail: cfcs@mts.net
Web site:
www.creditcounsellingcanada.ca

Welfare Education Program

This non-profit community-based program provides information on welfare rights and responsibilities. For more information, contact:

Welfare Education Program
203 – 290 Vaughan Street
Winnipeg, MB R3B 2N8
Phone: 989-1911
Fax: 989-1908

Farmers Estate Counselling

Farm management specialists, agriculture representatives and home economists are available for consultation regarding estate planning, farm transfers, taxation and other financial concerns. A wide range of written information concerning financial matters is also available from Manitoba Agriculture and Food offices throughout Manitoba.

Farm Management Specialists
In Winnipeg:
Phone: 945-3860

Outside Winnipeg:
Toll-free: 1-800-282-8069 or call the district office nearest you.

Phone:
346-6085 (Steinbach)
376-3303 (Arborg)
886-2696 (Teulon)
239-3365 (Portage la Prairie)
822-5461 (Morden)
744-4050 (Somerset)
622-2011 (Dauphin)
734-3417 (Swan River)
748-3873 (Virden)
867-3961 (Minnedosa)
785-5038 (Selkirk)
726-6411 or 726-6348 (Brandon)

Housing

Apartment Rental Options

Subsidized Housing

The Manitoba Housing Authority (MHA) offers housing to individuals 55 years of age or older, whose income is too low to obtain affordable, suitable and adequate accommodations in the private sector. Rental rates are based on the person's total gross income.

For example:
One Person =
Studio Apartment = 25% of gross income

Two Persons (couple) =
One Bedroom = 27% of gross income

In the rural communities, some seniors' buildings may only have one bedrooms. In this case, single persons would receive a one-bedroom apartment.

There are some eligibility requirements with the highest priority given to those identified as most in need.

To help seniors live independently, The MHA offers senior tenants the following services:

- Medical alarm switches located in tenants' apartments which provide 24-hour service for emergency purposes only.
- A congregate meal program is located on-site for tenants. Not all seniors' buildings offer this program, so please ask the MHA office in your community which buildings offer this program.

For more information, please contact The Manitoba Housing Authority in your community.

Application Inquiries
100 – 185 Smith Street
Winnipeg, MB R3C 3G4
Phone: 945-7319

North Winnipeg Leasing Offices

BROOKLANDS
312 Blake Street
Winnipeg, MB R3E 2Z4
Phone: 945-5570

LORD SELKIRK
269 Dufferin Avenue
Winnipeg, MB R2W 2X8
Phone: 945-3431

NORTH EAST
600 Panet Road
Winnipeg, MB R2L 2B1
Phone: 945-3555

NORTH END
400A Logan Avenue
Winnipeg, MB R3A 0R1
Phone: 945-7823

ST. JAMES
15-659 Cavalier Drive
Winnipeg, MB R2Y 1Y1
Phone: 945-4758

South Winnipeg Leasing Offices

CENTRAL PARK
355 Kennedy Street
Winnipeg, MB R3B 3B8
Phone: 945-6272

DOWNTOWN SOUTH
100 -185 Smith Street
Winnipeg, MB R3C 3G4
Phone: 945-3884

FT. ROUGE/FT. GARRY/ST. VITAL
Unit D – 1026 St. Mary's Road
Winnipeg, MB R2M 3S6
Phone: 945-4899

Rural District Offices

NORTH CENTRAL
67 – 2nd Street NE
Box 1570
Altona, MB R0G 0B0
Phone: 324-5308
Toll-free: 1-800-480-5554

Room 317
25 Tupper Street North
Portage la Prairie, MB R1N 3K1
Phone: 239-3680
Toll-free: 1-866-440-4663

SOUTH WEST
253 – 9th Street
Brandon, MB R7A 6X1
Phone: 726-6455
Toll-free: 1-800-651-8217

CHURCHILL
32 Hudson Square
Box 448
Churchill, MB R0B 0E0
Phone: 675-8838

PARKLAND EAST
27 – 2nd Avenue SW
Dauphin, MB R7N 3E5
Phone: 622-2092

EASTMAN/INTERLAKE
122 – 5th Avenue
Box 1680
Gimli, MB R0C 1B0
Phone: 642-6061
Toll-Free: 1-888-642-6066

2nd Floor – 237 Manitoba Avenue
Selkirk, MB R1A 0Y4
Phone: 785-5228
Toll-free: 1-800-441-5514

PARKLAND WEST
117 – 2nd Avenue North
Box 1028
Roblin, MB R0L 1P0
Phone: 937-8326
Toll-free: 1-888-567-8125

516 Main Street, Box 250
Swan River, MB R0L 1Z0
Ph: 734-4297

NORTHERN
214 Fischer Avenue
Box 2550
The Pas, MB R9A 1M4
Phone: 627-8355
Toll-free: 1-800-778-4311

Kekinan Centre Inc.

Kekinan Centre provides housing for Aboriginal seniors. For more information, contact:

S.A.M. Management
425 Elgin Avenue
Winnipeg, MB R3A 1P2
Phone: 942-0991

Private Non-Profit Housing

This is rental accommodation that is owned and managed by charitable or non-profit organizations such as service clubs or church groups. Restrictions regarding tenant eligibility, rent levels and available subsidies differ depending on the project.

Co-operative Housing

Co-operative housing is owned by not-for-profit community groups who have incorporated to provide housing for their members. Co-op members purchase equity shares in the project and collectively become owners of the building. Subsidies may be available to low-income members. Persons wishing to become tenants in an existing project must purchase a share in the co-op.

Life Lease Tenancy

A life lease tenancy guarantees the right to occupy the dwelling for the lifetime of the tenant. In projects built by non-profit organizations, the potential resident purchases a life lease, which is used as equity toward the construction of the project. Equity contributions reduce the monthly rental costs to residents. Some suites may be designated as rent supplement units. Seniors considering this type of tenancy are encouraged to consult a lawyer in order to understand the implications of this kind of agreement.

Commercial Housing

The private market offers an increasing variety of housing for seniors, ranging from conventional apartments and condominiums for a mixture of ages and income levels, to projects designed especially for seniors. Some provide amenities such as fitness facilities and swimming pools, and some provide services such as cleaning, transportation and dining facilities.

Low-income seniors renting on the private market may be eligible for cash assistance under the Shelter Allowance for Elderly Renters Program. (See page 25)

Other Housing Information

Rural Manitoba

- The Manitoba Seniors Directorate has information on seniors' housing available in rural Manitoba. For more information call:

Seniors Information Line
Phone: 945-6565
Toll-free: 1-800-665-6565

City of Winnipeg

- A directory of public housing, non-profit and commercial developments, entitled Winnipeg Seniors Housing Directory, is available for a minimal fee from:

Age and Opportunity
2nd floor, 283 Portage Avenue
Winnipeg, MB R3B 2B5
Phone: 956-6440

- *Gold Mine Manitoba* provides a comprehensive listing of seniors' housing in Winnipeg, including non-profit and private enterprise facilities. Copies are distributed through *The Prime Times News*.

The Prime Times News
202-63 Albert Street
Winnipeg, MB R3B 1G4
Phone: 949-4810

Residential Tenancies Branch

The Residential Tenancies Branch deals with landlord and tenant relations and related problems, matters pertaining to rent increases of any amount, the allowable rent charges for premises and general rent controls. For further information contact:

Residential Tenancies Branch
302 – 254 Edmonton Street
Winnipeg, MB R3C 3Y4
Phone: 945-2476
Toll-free: 1-800-782-8403
Fax: 945-6273
E-mail: rtb@gov.mb.ca
Web site:
www.residentialtenancies.mb.ca

114 – 340 9th Street
Brandon, MB R7A 6C2
Phone: 726-6230
Toll-Free: 1-800-656-8481
Fax: 726-6589
E-mail: rtbbrandon@gov.mb.ca

113 – 59 Elizabeth Drive
Thompson, MB R8N 1X4
Phone: 677-6496
Toll-free: 1-800-229-0639
Fax: 667-6415
E-mail:
rtbthompson@gov.mb.ca

Home Improvement Assistance

Residential Rehabilitation Assistance Program (RRAP)

The Homeowner Residential Rehabilitation Assistance Program (RRAP) is a federal/provincial cost-shared program that provides financial assistance to low-income owners of existing substandard housing that needs major repair in at least one of the five basic areas: structural, electrical, plumbing, heating or fire safety. The nature and quality of the repair work is expected to further the useful life of the dwelling by at least 15 years.

Similar assistance is available under RRAP for persons with disabilities for alterations required to accommodate the needs of a disabled occupant. The alterations must be related to the dwelling and the occupant's disability and must be permanent.

Assistance is available in both urban and rural areas throughout Manitoba. Household income thresholds exist to determine client eligibility.

The assistance is provided in the form of a loan, a part of which may be forgiven depending on the household income, and continued ownership and occupancy of the dwelling for the term of the loan. The loan amount will depend on the actual cost of repairs and the location of the dwelling. For more information contact:

If you reside in Winnipeg:
City of Winnipeg RRAP Dept.
361 Hargrave Street
Winnipeg, MB R3B 2K2
Phone: 986-2299

If you reside outside of Winnipeg:
Family Services and Housing
Affordable Housing Initiative
202 – 280 Broadway
Winnipeg, MB R3C 0R8
Phone: 945-4714
Toll-free: 1-888-243-7415

Home Adaptations for Seniors' Independence (HASI)

HASI, a federal/provincial cost shared program, helps low-income seniors who have difficulties with daily living and activities in the home, by

SAM inc.
MANAGEMENT
425 Elgin Ave.
Winnipeg, Manitoba
R3A 1P2
Phone: 942-0991
Specializing In Professional Property Management For Non-Profit Organizations For Over 25 Years
Co-ops 55+ Senior Housing Family Housing
Life Lease Subsidized Housing Enriched Housing
Visit our web site at www.Sam.mb.ca

Clean Cut Cutters
667-5369
RESIDENTIAL / COMMERCIAL
FULLY INSURED & LICENSED
Total Yard Care Specialists
- Lawn cutting & trimming
- Spring & Fall cleanups
- Core aeration & roto-tilling
- Snow clearing & removal
- Power raking & vacuuming
- Fertilizer & weed control
- Tree pruning/removal/chipping
- Bobcat services
- Landscaping

providing financial assistance to homeowners and landlords to carry out minor home adaptations that accommodate age related disabilities.

Items such as handrails in hallways and on stairs, easy-to-reach work and storage areas in the kitchen, lever handles on doors, walk-in showers with grab bars, and bathtub grab bars and seats are examples of adaptations that can be made. Assistance in the form of a forgivable loan of up to $2,500 is available. For more information contact:

Family Services & Housing
Special Programs
202 – 280 Broadway
Winnipeg, MB R3C 0R8
Phone: 945-4714
Toll-free: 1-888-243-7415

Homeowner Emergency Loan Program (HELP)

This provincial government program is designed to help low-income homeowners improve their housing conditions. Interest-free loans to a maximum of $3,000 are available. Repairs must be of an urgent nature to qualify. For details contact:

Family Services & Housing
Special Programs
202 – 280 Broadway
Winnipeg, MB R3C 0R8
Phone: 945-4714
Toll-free: 1-888-243-7415

Emergency Repair Program (ERP)

The Emergency Repair Program (ERP) is a federal/provincial cost shared program that assists eligible low-income homeowners or occupiers in rural and remote areas to undertake emergency repairs for the continued safe occupancy of their houses. It targets homes in communities of 2500 or less. Assistance is in the form of a forgivable loan. Income, location and the nature of repair determine eligibility and amount of the loan. For information contact:

Family Services & Housing
Special Programs
202 – 280 Broadway
Winnipeg, MB R3C 0R8
Phone: 945-4714
Toll-free: 1-888-243-7415

Home Maintenance Assistance

Seniors Job Bureau Inc.

The Seniors Job Bureau is a non-profit organization that provides employment for experienced and mature individuals 50 years of age and over. The types of services provided are home repairs and renovations, yard maintenance, housecleaning, companions and much more.

Seniors Job Bureau Inc.
300 – 323 Portage Avenue
Winnipeg, MB R3B 2C1
Phone: 943-8864

Community Home Services

Community Home Services provides a number of free services for low-income senior citizens and disabled people throughout the city. If you are under the age of 60, a doctor's note will be requested.

They assist with house cleaning, yard maintenance, snow shovelling, odd jobs of a non-technical nature, and one-way transportation to medical appointments. To register contact:

Community Home Services
150 – 391 York Avenue
Winnipeg, MB R3C 0P4
Phone: 948-4392

Self-Starting Creative Opportunities for People in Employment (SSCOPE)

SSCOPE Inc. is a non-profit community mental health organization that provides services such as snow shovelling, yard work, light and heavy housework, light moving and other services at reasonable rates. For more information contact:

SSCOPE Inc.
5 – 1000 Notre Dame Avenue
Winnipeg, MB R3E 0N3
Phone: 987-6300
Fax: 987-6304
E-mail: sscope@mts.net

Community Maintenance Programs

Many community resource councils and seniors centres, as part of services for seniors in their communities, will refer you to people who will do house cleaning, yard work and snow shovelling for a reasonable cost. For more information, contact the community resource council or seniors centre nearest you. (See pages 13-19)

Services and Supports For Independent Living

Transportation

Handi-Transit

Special transportation services for seniors and handicapped persons are available in Brandon and Winnipeg. In Winnipeg, you must register with Handi-Transit by submitting an application form. For more information about Handi-Transit call:

986-5722 **(Winnipeg)**
729-2279 **(Brandon)**

Winnipeg Transit

In addition to Handi-Transit service, Winnipeg Transit also operates a fleet of 193 Easy Access buses as part of its regular service. Easy Access buses offer many special features to make travel more convenient for persons with mobility difficulties. Pre-plan your travel with Easy Access bus service by calling Winnipeg Transit Information at **986-5700**, Telebus at **287-7433** or visit www.winnipegtransit.com.

Eligible seniors (age 65 and over) can enjoy Reduced Fare when using Winnipeg Transit regular service. Valid Federal Government Blue card or Transit ID required. For more information call Winnipeg Transit at **986-5700**.

Community Resource Councils – Transportation Services

Many community resource councils provide transportation services in their respective areas for seniors who require transportation. This could include shopping or medical appointments, for those who have no other means of transportation. A small fee may be charged. For information on the services in your area contact the closest community resource council listed on pages 15-19.

Rural Transportation

Through the Program for Transportation of the Mobility Disadvantaged in Rural Manitoba, the Manitoba government assists communities that have taken the initiative in providing transportation services to the elderly and handicapped in their community. There are currently 62 communities in rural Manitoba that sponsor a handi-van service under the program.

The program provides grants to assist in the purchase of a handi-van and the operation of the service.

To qualify for funding under this program, a local municipal government must agree to act as a sponsor of the service, and the community must demonstrate a serious commitment to keep the service in operation once established. For additional information on communities operating a handi-van under the program, please contact:

Intergovernmental Affairs
Municipal Finance & Advisory Services
Box 22080
2022 Currie Boulevard
Brandon, MB R7A 6Y9
Phone: 726-6571
(collect calls accepted)
Fax: 726-6290
E-mail: cszabo@gov.mb.ca

Meal Programs

Meals on Wheels

Hot meals are delivered between 11:00 a.m. and 1:00 p.m. to the homes of people who are unable to prepare adequate meals themselves due to age, illness, disability, lack of cooking facilities or inability to shop.

Meals on Wheels of Winnipeg Inc.
500 – 283 Portage Avenue
Winnipeg, MB R3B 2B5
Phone: 956-7711
Fax: 956-7722
E-mail: meals@mts.net
Web site: www.mts.net/~meals

Congregate Meals

Congregate meal programs (meals served to a group of seniors) are available at many locations throughout the province. Contact the community resource council or senior centre nearest you.

Safety Checks

Personal Emergency Response Systems

Personal emergency response systems offer 24-hour protection for individuals who live independently and because of their health or mobility are considered "at risk". Before making a decision to purchase, you should:

- Shop around
- Know who will respond

For more information consult the "MTS Yellow Pages" or contact your community resource council (pages 15-19).

Special Programs For Frail Or Homebound Seniors

Manitoba League of Persons with Disabilities Inc.

The Manitoba League of Persons with Disabilities is an organization of and for people with all types of disabilities. It monitors programs and legislation, and advocates for required changes regarding the common needs and concerns of disabled people. A few of the common issues of concern are accessibility, employment, home care services, human rights and transportation.

Manitoba League of Persons with Disabilities Inc.
105 – 500 Portage Avenue
Winnipeg, MB R3C 3X1
Phone: 943-6099
Toll Free: 1-888-330-1932
E-mail: mlpd@mb.sympatico.ca
Web site: www.mlpd.mb.ca

407-121 4th Street
Brandon, MB R7A 3G5
Phone: 725-2767

Box 951
Souris, MB R0K 2C0
Phone: 483-3106

Box 2929
Steinbach, MB R0A 2A9
Phone: 326-9435

Box 3252
The Pas, MB R9A 1R8
Phone: 623-2243

The Manitoba League of Persons with Disabilities has produced a video and manual for senior citizens with disabilities who live in rural Manitoba. This video and manual, *Creating Change*, contain tips on advocacy as well as information on services available to disabled senior citizens living in rural areas. For more information contact the Winnipeg office.

Independent Living Resource Centre

The Independent Living Resource Centre (ILRC) provides information and referral services, skills training workshops on such topics as advocacy, individual assistance with problem-solving methods and peer support from others with similar experiences. The ILRC offers people with disabilities the opportunity to provide valuable information, identify needs and work toward solutions. For further information, please contact:

The Independent Living Resource Centre
311A – 393 Portage Avenue
Winnipeg, MB R3B 3H6
Phone: 947-0194 (TTY/TDD)
Toll-free: 1-800-663-3043
Fax: 943-6625
E-mail: thecentre@ilrc.mb.ca
Web site: www.ilrc.mb.ca

Society for Manitobans with Disabilities

The Society for Manitobans with Disabilities continually develops, maintains and delivers relevant services that assist in the development of individual independence and community support for persons with disabilities.

SMD Offices

HEAD OFFICE
825 Sherbrook Street
Winnipeg, MB R3A 1M5
Phone: 975-3010

Toll-free: 1-866-282-8041
(Canada/US)
TTY: 975-3012
TTY Toll-free: 1-800-225-9108
(Canada/US)
Fax: 975-3073
Web site: www.smd.mb.ca

WHEELCHAIR SERVICES
1111 Winnipeg Avenue
Winnipeg, MB R3E 0S2
Phone: 975-3250
Toll-free: 1-800-836-5551
(Canada/US)
TTY: 975-3239
TTY Toll-free: 1-800-856-7934
(Canada/US)
Fax: 975-3240

PARKING PERMIT PROGRAM
1111 Winnipeg Avenue
Winnipeg, MB R3E 0S2
Phone: 975-3257
Toll-free: 1-800-836-5551
(Canada/US)
TTY: 975-3239
TTY Toll-Free: 1-800-856-7934
(Canada/US)
Fax: 975-3240

WESTMAN REGIONAL OFFICE
Room 110
340 - 9th Street
Brandon, MB R7A 6C2
Phone: 726-6157
Toll-free: 1-800-813-3325
(Canada/US)
TTY: 726-6157
Fax: 726-6499

PARKLAND REGIONAL OFFICE
Room 411 - 27 - 2nd Avenue
Dauphin, MB R7N 3E5
Phone: 622-2293
Toll-free: 1-800-844-2307
(Canada/US)
TTY: 622-2293
Fax: 622-2260

NORTHERN REGIONAL OFFICE
303 - 83 Churchill Drive
Thompson, MB R8N 0L6
Phone: 778-4277
Toll-free: 1-888-367-0268
(Canada/US)
TTY: 778- 4277
Fax: 778-4461

EASTMAN REGIONAL OFFICE
Box 20550
201 - 323 Main Street
Steinbach, MB R0A 2T2
Phone: 326-5336
Toll-free: 1-800-497-8196
(Canada/US)
TTY: 346-3998
Fax: 326-9762

CENTRAL REGIONAL OFFICE
Box 489, 160 Stephen Street
Morden, MB R6M 1A5
Phone: 822-1947
Toll-free: 1-800-269-5451
(Canada/US)
TTY: 822-1947
Fax: 822-1948

INTERLAKE REGIONAL OFFICE
382 Main St.
Selkirk, MB R1A 1T8
Phone: 785-9338
Toll-Free: 1-888-831-4213
(Canada/US)
TTY: 482-5638
Fax: 785-9340

Assistive Devices

The Rehabilitation Engineering Department, located within the Health Sciences Centre in Winnipeg, helps clients gain the highest possible level of independence through the use of orthotic and electronic and mechanical assistive technologies (EMAT).

The EMAT Section provides specialized electronic and mechanical adaptations for adults with

physical disabilities. These aids include automotive, scooter and wheelchair modifications. Communication aids, environmental controls, and many other assistive devices to enhance daily living are available. All Manitobans can access the department directly or through their rehabilitation agency, therapist or physician. Many of the devices are available through the department at no cost to the client, or in some instances, on a cost-recovery only basis. For more information contact:

Rehabilitation Engineering Department
Health Sciences Centre
MH036 – 59 Pearl Street
Winnipeg, MB R3E 3L7
Phone: 787-2366
Web site: www.hsc.mb.ca/re/

Guide Book for Travellers with Disabilities

The following books may be found in the library of the Canadian Paraplegic Association (Manitoba):

- Handi-Travel: A Resource Guide for Disabled and Elderly Travellers
- Foders Great American Getaways for the Disabled

For more information contact:

Canadian Paraplegic Association (Manitoba) Inc.
825 Sherbrook Street,
Room 211
Winnipeg, MB R3A 1M5
Phone: 786-4753
Fax: 786-1140
E-mail:
winnipeg@canparaplegic.org
Web site: www.cpamanitoba.ca

McPHILLIPS
Hearing & Audiology Centre Inc.

"Your Ears Deserve An Audiologist"
Chris Dino, M.S.
Audiologist
WIDE VARIETY OF SERVICES:
Hearing Testing & Evaluations
Hearing Aid Sales & Repairs
PROCESSING:
WBC, DVA, Treaty, Social Assistance, Blue Cross
1399 McPhillips St.
(Northgate Shopping Centre)
Phone: 204-953-4200
www.audiology-online.com

AccessAbility

AccessAbility offers a complete range of innovative and functional products to increase comfort and support independent mobility and living.

AccessAbility provides quality products at competitive prices along with superior customer service. These products include accessories for daily living (bathroom, dressing, kitchen), comfort aids, mobility aids and accessories, power-lift chairs, scooters, walkers, wheelchairs, and specialized wheelchair seating.

Surplus revenue generated through the sale of these products is used to fund programs for people with disabilities including those who are hard of hearing or deaf. For more information contact:

9 – 1341 Henderson Highway
Winnipeg, MB R2G 1M5
Phone: 925-4599
Fax: 925-4587
Toll-free: 1-888-925-4599

Services For Persons With Visual Impairments

The Canadian National Institute for the Blind (CNIB) Manitoba Division

Through a broad range of rehabilitation services, the CNIB assists blind and visually impaired people in achieving their independence. Programs and services include:

- rehabilitation counselling;
- rehabilitation teaching (learning practical skills to cope with visual impairment);
- orientation and mobility instruction (learning to move around in one's environment);
- sight enhancement services (using lighting and magnification);
- adaptive and technical aid serv-ices (demonstrating and selling specialized equipment);
- library services (braille and audio tape);
- employment counselling;
- peer support and recreation-groups;
- occupational therapy through early intervention program

CNIB Manitoba Division
Central Service Centre
1080 Portage Avenue
Winnipeg, MB R3G 3M3
Phone: 774-5421
Fax: 775-5090
Web site: www.cnib.ca

Rural

CNIB West Service Centre
354 – 10th Street
Brandon, MB R7A 4G1
Phone: 727-0631
Fax: 727-1139

CNIB North Service Centre
Room 303 – 83 Churchill Drive
Thompson, MB R8N 0L5
Phone: 778-8874
Fax: 778-4461

Elsewhere in Manitoba call toll-free: 1-800-552-4893

Large Print Books

Public Library Services provides all types of materials, but of particular importance to seniors are the large print format books. There are 53 established regional and municipal public libraries that use the service.

Talking Book Support

Anyone who has difficulty reading, holding a book, or turning the pages may request talking books from the central Public Library Services collection. Public Library Services maintains a collection of 4,000 Talking Books. A letter from a doctor or other health official is required. For more information contact:

Public Library Services
Toll-free: 1-800-252-9998
Talking Book Services
Toll-free: 1-888-201-6749
E-mail: av@gov.mb.ca

Winnipeg Public Library Special Services

Offers a variety of collections and equipment for patrons who have special needs including talking books, large print materials, descriptive and close-captioned videos. For more information contact:

Phone: 986-6489
TTY: 986-3485
Fax: 986-7298
Website:
wpl.city.winnipeg.mb.ca

Services For Persons With Communication Disorders

Hearing Problems

There are a number of services in Manitoba to assist in the diagnosis and treatment of hearing loss, including public health nurses, family doctors, audiologists, hearing instrument practioners, and ear/nose/throat specialists.

Hastings Hearing Centres Ltd.

Serving Manitobans for over 35 years!
Specializing in
Programmable & Digital Hearing Instruments

HOME & SATURDAY APPOINTMENTS AVAILABLE

- Blue Cross • W.C.B.
- Private Insurance Clients
- DVA Taps Cards Accepted
- All Social Services Programs
- Service To Over 30 Rural Communities
- Industrial Testing
- Musician & Swim Plugs
- 6 Week Trial Period

CLINICAL AUDIOLOGIST ON STAFF

VISA

Winnipeg
943-6561
390 Graham Ave.
Winnipeg, Mb R3C 0L4

Brandon
727-3429
The Town Centre
800 Rosser Ave., Brandon, Mb

Rural Manitoba Call Toll Free 1-800-782-0078
Web site: www.hastingshearing.com

Beltone™

Helping the world hear better for over 60 years!

The Beltone team of hearing care practitioners will make sure you have the best kind of hearing aid for your hearing needs.

Beltone is the most **trusted** name in hearing care among adults over 50.

- FREE evaluation by Board Certified Hearing Instrument Practitioners
- 45 day trial
- Home appointments
- FREE lifetime Belcare™ program
- Repairs and fitting of **all** makes and models of hearing aids
- Monthly Service Centres in rural Manitoba
- DVA Taps cards accepted.
- Blue Cross, WCB, Social Services, Medical Services and private insurance companies.

Call today for a FREE, no-obligation consultation.

EXPERIENCE THE BELTONE DIFFERENCE!

BELTONE HEARING AID CENTRE
217 - 294 Portage Avenue
Winnipeg, MB R3C 0B9
(204) 943-2653

BRANDON
(204) 726-5383
Toll Free in Manitoba
1-800-661-2653

Winnipeg Hearing Centres

Winnipeg Hearing Centres offer testing for hearing disorders at no charge to the client. Phone ahead to have your name placed on the waiting list.

Concordia Hearing Centre
1095 Concordia Avenue
Winnipeg, MB R2K 3S8
Phone: 661-7357

Deer Lodge Hearing Centre
2109 Portage Avenue
Winnipeg, MB R3J 0L3
Phone: 831-2126

Seven Oaks Hearing Centre
2300 McPhillips Street
Winnipeg, MB R2V 3M3
Phone: 632-3527

Victoria Hearing Centre
Victoria General Hospital
2340 Pembina Highway
Winnipeg, MB R3T 2E8
Phone: 477-3241

Regional Hearing Centres test hearing and counsel persons with hearing problems and who wear hearing aids. Contact your regional health authority for the number of the regional office nearest you.

Testing for hearing disorders is also provided on referral of a physician at:

Health Sciences Centre
Department of Communication Disorders
GG-2-820 Sherbrook Street
Winnipeg, MB R3A 1R9
Phone: 787-5105

St. Boniface Hospital
Rehabilitation Services
409 Tache
Winnipeg, MB R2H 2A6
Phone: 237-2131

Communication and Swallowing Problems

Contact your physician for a referral to a Speech-Language Pathologist.

Hearing Instrument Practitioners

There are many hearing aid practitioners in Winnipeg who offer discounts to seniors and who also provide house calls if necessary. They also provide service to rural Manitoba. Check your MTS Yellow Pages under "Hearing" for a hearing centre nearest you.

Hard of Hearing Services

The Living with Hearing Loss Program at the Society of Manitobans with Disabilities (SMD) helps people develop speech-reading skills and coping strategies to adapt in difficult communication situations. The program also provides assertiveness training and tactics to manage stress related to hearing loss. An on-site resource library has books and videotapes to assist people living with hearing loss.

Day and evening classes for hard of hearing, oral deaf and late-deafened adults are held in Winnipeg and in several rural locations when registration is sufficient. Private instruction and counselling is also available; a fee for service may apply for

private instruction. For further information contact:

Society of Manitobans with Disabilities
Hard of Hearing Services
Phone: 975-3010
TTY: 975-3012
Toll-free (TTY): 1-800-225-9108
Toll-free (voice):1-866-282-8041

Deaf Centre 285 Pembina Inc.

285 Pembina Inc. is a subsidized housing facility, which also contains personal care units. It serves as a recreational, cultural and religious centre for residents and deaf or hard of hearing people in the community at large. Several organizations for the deaf have offices in the centre. For further information, contact:

Deaf Centre
285 Pembina Inc.
285 Pembina Highway
Winnipeg, MB R3L 2E1
Phone: 284-0802 (voice)
(TTY): 475-0702

Independent Interpreter Referral Service

(Celebrating 20 years of service to Manitobans.)

The Independent Interpreter Referral Service is a professional non-profit corporation that provides a wide range of interpreting and intervention services to meet the diverse needs of the hearing, hard of hearing, Deaf and Deaf-Blind communities. Should you require such service please contact:

Independent Interpreter Referral Service
204 – 301 Nassau Street N.
Winnipeg, MB R3L 2J5
(TTY): 452-0687
(Voice): 475-6332
Fax: 452-0688
Emergency pager: 931-4947
using Manitoba Relay Service
E-mail: i.i.r.s@mts.net

Manitoba Deaf-Blind Association Inc.

The Manitoba Deaf-Blind Association (MDBA) is a community-based advocacy group interested in improving opportunities and resources for Deaf-Blind Manitobans. Deaf-blindness is a condition that combines any degree of hearing loss combined with any degree of vision loss which interferes with communicating and acquiring information, even though a person may have some useful visual and/or hearing. For more information please write to:

MDBA
285 Pembina Hwy.
Winnipeg, MB R3L 2E1

Resource Centre for Manitobans who are Deaf-Blind

The Resource Centre for Manitobans who are Deaf-Blind (RCMDB) provides service to adults who are deaf-blind due to accident, trauma, disease or condition. RCMDB services may also be extended to family members where the service would benefit the deaf-blind individual. It exists to promote opportunities for independence, dignity and empowerment for adults in Manitoba who have become deaf-blind.

Your Liquor Mart DELIVERS!

Don't bother with the cold weather or traffic. We offer **home delivery** of your favourite wine, beers and spirits.

We guarantee **same day delivery** on any order placed before 4 p.m. Monday through Saturday.

Shipping costs are $4.35 for any amount up to an entire case, and $0.26 per additional bottle or case thereafter (includes GST).

CALL 987-8555

C.O.D. delivery service available only in Winnipeg

LIQUOR MARTS
MLCC

AIR MILES Points and More

™ Trademarks of AIR MILES International Holdings B.V. Used under license by Loyalty Management Group Canada Inc. and The Manitoba Liquor Control Commission.

RCMDB
228 – 285 Pembina Hwy.
Winnipeg, MB R3L 2E1
Phone: 284-2531 (TTY) or through
MRS 1-800-855-0511 (if using voice phone)
Fax: 452-0688
E-mail: rcmdb@rcmdb.org or jsayer@rcmdb.org (Coordinator)
Web site: www.rcmdb.org

Manitoba Telecom Services Inc.

A full range of special needs equipment (other than TTYs) is available at the MTS Connect store at 585 Century. A select range of special needs equipment is also available at other MTS Connect stores, located in major shopping malls. To make an appointment to view or purchase a TTY call the numbers below:

Special Needs
MTS Communications Inc.
P.O. Box 6666
Rm CC11B, 360 Main Street
Winnipeg, MB R3C 3V6

E-mail:
mts.special.needs@mts.mb.ca

Winnipeg
Phone: 941-8557
TTY: 942-4942
Fax: 949-0570

Outside Winnipeg
Toll-free: 1-800-542-8703
TTY: Call the Manitoba Relay Service at 711 to reach the above number

BLIND CLEANING
CLEAN VIEW
Specialists in Ultra-Sonic Blind Cleaning
• Verticals • Venetians
• Pleated/RollerShades
Full Service:
We **REMOVE, CLEAN,** and **RE-INSTALL** your blinds the following day!
"Winnipeg's Blind Cleaning Experts"
Since 1992!
SENIOR DISCOUNTS!!
772-3583 **www.cleanview.com**

Health Care Services

Regional Health Authorities

Regional Health Authorities are health boards responsible for the delivery of health care services to Manitobans. They provide a reorganized, sustainable health system that balances health promotion, disease prevention, and institutional and community-based services.

Assiniboine Regional Health Authority Inc.
Box 579, (192 First Ave. W.)
Souris, MB R0K 2C0
Phone: 483-5000
Toll-free: 1-888-682-2253
Fax: 483-5005
Web site:
www.assiniboine-rha.ca

Brandon Regional Health Authority
150A – 7th Street
Brandon, MB R7A 7M2
Phone: 571-8408
Fax: 726-8505
Web site:
www.brandonrha.mb.ca

Burntwood Regional Health Authority Inc.
867 Thompson Drive South
Thompson, MB R8N 1Z4
Phone: 677-6502
Fax: 677-5366
Web site: www.brha.mb.ca

Regional Health Authority-Central Manitoba Inc.
56 Royal Road North
Portage la Prairie, MB R1N 1V1
Phone: 239-0418
Fax: 239-0456
Web site:
www.rha-central.mb.ca

Churchill RHA Inc.
Churchill Health Centre
Churchill, MB R0B 0E0
Phone: 675-8318
Fax: 675-2243
Web site:
www.churchillrha.mb.ca

Interlake Regional Health Authority Inc.
589 – 3rd Avenue South
Stonewall, MB R0C 2Z0
Phone: 467-4742
Toll-free: 1-888-488-2299
Fax: 467-4750
Web site: www.irha.mb.ca

NOR-MAN Regional Health Authority Inc.
Box 130, 84 Church Street
Flin Flon, MB R8A 1M7
Phone: 687-1302/
687-1301/687-1300
Fax: 687-6405
Web site:
www.norman-rha.mb.ca

North Eastman Health Association Inc.
W.B. Lewis School
Aberdeen Avenue and
Burrows Road
Box 339,
Pinawa, MB R0E 1L0
Phone: 753-2012
Fax: 753-2015
Web site: www.neha.mb.ca

Parkland Regional Health Authority Inc.
112 - 27 – 2nd Avenue South West
Dauphin, MB R7N 3E5
Phone: 622-6222
Toll-free: 1-800-259-7541
Fax: 622-6232
Web site:
www.prha.mb.ca/index.htm

South Eastman Health/ Santé Sud-Est Inc.
Box 470
La Broquerie, MB R0A 0W0
Phone: 424-5880
Fax: 424-5888
Web site: www.sehealth.mb.ca

Winnipeg Regional Health Authority
1800 – 155 Carlton St.
Winnipeg, MB R3C 4Y1
Phone: 926-7000
Fax: 926-7007
Web site: www.wrha.mb.ca

The Manitoba Home Care Program

The Manitoba Home Care Program is a community-based program that provides support to infirm and/or elderly individuals living in the community regardless of age. Home Care provides supports or services to assist clients to remain independently and safely at home.

The Home Care program includes long and short term care and several specialty programs. These specialty programs/services include Peritoneal Dialysis; Ostomy; Community Intravenous Therapy; Self and Family Managed Care; Respirator, Children's and Palliative Care.

The range of services provided by Home Care include personal care, nursing, respite/caregiver relief, occupational and physical therapy assessments, household maintenance, referrals to other agencies, coordination of community services and assessments for long term care and specialty services.

Individuals who are registered with Manitoba Health and feel they require assistance to remain safely in their homes are eligible for an assessment by a Home Care Case Coordinator.

Through the assessment, the Case Coordinator will identify those areas that place an individual at risk. A care plan is developed in collaboration with the individual and their caregivers, utilizing both Home Care resources and Community resources. The care plan is reviewed on a regular basis with the individual to insure it continues to meet their changing needs.

For more information, call your Regional Health Authority and ask to speak with a Home Care Case Coordinator.

In Winnipeg, call the Centralized Intake Line 940-2655.

Rural District Offices

Assiniboine

Baldur Health Unit
Box 38
Baldur, MB R0K 0B0
Phone: 535-2443

Birtle Health Unit
c/o Birtle Health Centre
Box 2000
Birtle, MB R0M 0C0
Phone: 842-3399
Fax: 842-3374

Boissevain Health Unit
Box 899
Boissevain, MB R0K 0E0
Phone: 534-2451

Carberry Health Unit
c/o Carberry Health Centre
Box 2000
Carberry, MB R0K 0H0
Phone: 834-3262
Fax: 834-3333

Deloraine Health Unit
Box 547
Deloraine, MB R0M 0M0
Phone: 747-2551

Caring for Life *in Manitoba for over 100 years.*

100 YEARS IN MANITOBA
VICTORIAN ORDER OF NURSES

VON can help with many of your health care and home support needs by providing personal assistance and support in the home.

Services Include:

Homemaking — laundry, grocery shopping, light housekeeping, meal planning and preparation.

Personal Care — bathing, dressing, medication supervision, grooming, skin care, and companionship.

Respite Care — relief for family members or friends who provide care and assistance to those in need of support.

Corporate Health — health and wellness education, immunization programs, wellness clinics.

VON

ACCREDITED • AGRÉÉ • ACCREDITED • AGRÉÉ

THE VICTORIAN ORDER OF NURSES

775-1693 www.vonmanitoba.ca

Canada's leading charitable organization, addresssing community health and social issues

Erickson Health Unit
c/o Erickson District Health Centre
Box 25
Erickson, MB R0J 0P0
Phone: 636-2501
Fax: 636-2471

Glenboro Health Unit
Box 310
Glenboro, MB R0K 0X0
Phone: 827-2426

Hamiota Health Unit
c/o Hamiota Health Centre
Hamiota, MB R0M 0T0
Phone: 764-2412, ext. 317
Fax: 764-2049

Killarney Health Unit
Box 940
Killarney, MB R0K 1G0
Phone: 523-3226

Melita Health Unit
Box 459
Melita, MB R0M 1L0
Phone: 522-8177

Minnedosa Health Unit
c/o Minnedosa Health Centre
Box 488
Minnedosa, MB R0J 1E0
Phone: 867-3817
Fax: 867-5837

Neepawa Health Unit
Box 369
Neepawa, MB R0J 1H0
Phone: 476-2341
Fax: 476-3552

Reston Health Unit
Box 250
Reston, MB R0M 1X0
Phone: 877-3925

Rivers Health Unit
c/o Rivers Health Centre
Rivers, MB R0K 1X0
Phone: 328-5222
Fax; 328-7130

Rossburn Health Unit
c/o Rossburn Health Centre
Rossburn, MB R0J 1V0
Phone: 859-2485
Fax: 859-2526

Russell Health Unit
c/o Russell Health Centre
Bag service #2
Russell, MB R0J 1W0
Phone: 773-2761
Fax: 773-2142

Shoal Lake Health Unit
c/o Shoal Lake/Strathclair Health Centre
Box 490
Shoal Lake, MB R0J 1Z0
Phone: 759-2686
Fax: 759-2230

Souris Health Unit
Box 790
Souris, MB R0K 2C0
Phone: 483-2121

Treherne Health Unit
Box 63
Treherne, MB R0G 2V0
Phone: 723-2133

Virden Health Unit
Box 10
Virden, MB R0M 2C0
Phone: 748-2321

Wawanesa Health Unit
Box 309
Wawanesa, MB R0K 2G0
Phone: 824-2570

Brandon

B-150- 7th Street
Brandon, MB R7A 7M2
Phone: 571-8419
E-mail: homecare@brandonrha.mb.ca
Web site:
www.brandonrha.mb.ca

Burntwood

Home Care Program
867 Thompson Drive South
Thompson, MB R8N 1Z4
Phone: 677-5350
E-mail: lsundevic@brha.mb.ca

Norway House Community Council
Norway House, MB R0B 1B0
Phone: 359-6719

Cross Lake Community Council Office
Cross Lake, MB R0B 0J0
Phone: 676-2465

Gillam Hospital
Box 2000
Gillam, MB R0B 0L0
Phone: 652-2600
E-mail: cberendse@brha.mb.ca

Ilford Nursing Station
Ilford, MB R0B 0S0
Phone: 288-4348

Leaf Rapids Community Health Centre
Box 370
Leaf Rapids, MB R0B 0W0
Phone: 473-2441
E-mail: sradford@brha.mb.ca

Lynn Lake Hospital & Clinic
Box 2030
Lynn Lake, MB R0B 1W0
Phone: 356-2474
E-mail: mjantz@brha.mb.ca

Pikwitonei Nursing Station
Pikwitonei, MB R0B 1E0
Phone: 458-2402

Thicket Portage Community Health Centre
Thicket Portage, MB R0B 1RO
Phone: 286-3254
E-mail: bhart@brha.mb.ca

Wabowden Health Unit
Box 179
Wabowden, MB R0B 1S0
Phone: 689-2600

Central

25 Tupper Street, North
Portage la Prairie, MB
R1N 3K1
Phone: 239-3040

Churchill

Community Services Churchill
Regional Health Authority
Churchill, MB R0B 0E0
Phone: 675-8328
Fax: 675-2445
E-mail:
mfern@churchillrha.mb.ca

Interlake

Interlake Regional Health Authority
3rd Floor Administration Building
Box 9600
Selkirk, MB R1A 2B5
Phone: 785-4874
Fax: 785-4882
Web site: www.irha.mb.ca

Arborg Community Health Office
Arborg Provincial Building, River Road
Box 423
Arborg, MB R0C 0A0
Phone: 376-5559
Fax: 376-5970

Community Health & Family Services
43 Railway Avenue
Box 310
Ashern, MB R0C 0E0
Phone: 768-2585
Fax: 768-2961

Community Health Services
E.M Crowe Memorial Hospital
Eriksdale, MB R0C 0W0
Phone: 739-4408
Fax: 739-2065

Fisher Community Health Offices
Box 119
Fisher Branch, MB R0C 0Z0
Phone: 372-8703
Fax: 372-8710

Community Health & Family Services
2nd Floor 117-7th Avenue
Johnson Memorial Hospital
Box 1290
Gimli, MB R0C 1B0
Phone: 642-6051
Fax: 642-6616

Community Health Office
Lundar Personal Care Home
Box 296
Lundar, MB R0C 1Y0
Phone : 762-6500
Fax: 762-5164

Selkirk Community Health Office
202 – 446 Main Street
Selkirk, MB R1A 1V7
Phone: 785-7702
Fax: 785-7743

Stonewall & District Health Centre
589 – 3rd Avenue South
Box 280
Stonewall, MB R0C 2Z0
Phone: 467-4413
Fax: 467-4750

RANA-Medical

PATIENT FIRST
RESPIRATORY SERVICES

Quality Services
Affordable Choices
Professional & Dependable Support

We Offer:
- Home Oxygen Service
- Asthma Care Products
- Sleep Therapy—CPAP
- Home Delivery & Support
- 24 Hour Emergency Service

www.ranamedical.com

Brandon, Dauphin,
Morden, Winnipeg, Calgary

Phone: 1-888-297-7889

St. Laurent
Community Health Office
St. Laurent, MB R0C 2S0
Phone: 646-2504
Fax: 646-2394

Teulon Hunter Memorial
Hospital Home Care
Teulon, MB R0C 3B0
Phone: 886-4066
Fax: 886-3503

NOR-MAN

50 Church Street
Flin Flon, MB R8A 1K5
Phone: 687-4870
Fax: 687-7143
E-mail:
bsendecki@normanrha.mb.ca

Provincial Building
3rd & Ross
P.O. Box 2550
The Pas, MB R9A 1M4
Phone: 627-8322
Fax: 627-8285

Parkland

Benito Community Health
Services
200-1st Street East
Box 490
Benito, MB R0L 0C0
Phone: 539-2513
Fax: 539-2482

Dauphin Community Health
Services
317 Main Street North
Dauphin, MB R7N 1C5
Phone: 638-2105
Fax: 638-8622

Ethelbert Community Health
Resource Centre
31 Railway Avenue
Box 156
Ethelbert, MB R0L 0T0
Phone: 742-4400
Fax: 742-4405
E-mail: ethelchs@prha.mb.ca

Grandview Community Health
Services
644 Mill Street, Box 339
Grandview, MB R0L 0Y0
Phone: 546-5150
Fax: 546-3269

McCreary Community Health
Services
613 Government Road
Allowance Box 208
McCreary, MB R0J 1B0
Phone: 835-5010
Fax: 835-5011

Roblin Community Health
Services
15 Hospital Street
Box 880
Roblin, MB R0L 1P0
Phone: 937-2151
Fax: 937-8892
E-mail: prhawest@prha.mb.ca

Ste. Rose Community Health
Services
604 First Avenue East
Box 149
Ste. Rose du Lac, MB R0L 1S0
Phone: 447-4080
Fax: 447-4090
E-mail: sterose@prha.mb.ca

Swan River Community Health
Services
205 – 5th Avenue North
Box 1028
Swan River, MB R0L 1Z0
Phone: 734-6602
Fax: 734-5629

North Eastman

Beausejour Primary Health Care
Centre
Community Health Services
Box 550
151 First Street South
Beausejour, MB R0E 0C0
Phone: 268-4966
Fax: 268-4399

Lac du Bonnet
District Health Centre
Community Health Services
Box 160
Lac du Bonnet, MB R0E 1A0
Phone: 345-8647
Fax: 345-8609

Whitemouth District Health
Centre
Community Health Services
Box 160
Whitemouth, MB R0E 2G0
Phone: 348-4609
Fax: 348-7911

Pine Falls Health Complex
Community Health Services
Box 548
Pine Falls, MB R0E 1M0
Phone: 367-5401
Fax: 367-2968

Kin Place Primary Health Care
Centre
Community Health Services
Box 28
Oakbank, MB R0E 1J0
Phone: 444-2227
Fax: 444-7851

South Eastman

Community Services
Box 156
Dominion City, MB R0A 0H0
Phone: 427-3460
Fax: 427-3462

Community Health Office
Box 2560
Steinbach, MB R0A 2A0
Phone: 346-6123
Fax: 326-6520

Community Health Office
Unit A – 30 Dawson Road
Ste. Anne, MB R5H 1B5
Phone: 422-8817
Fax: 422-9450

Community Services
Box 88
St. Pierre-Jolys, MB R0A 1V0
Phone: 433-7636
Fax: 433-3608
Community Services
Box 11
Sprague, MB R0A 1Z0
Phone: 437-3015
Fax: 437-2272

Community Services
Box 119
Vita, MB R0A 2K0
Phone: 425-3859
Fax: 425-3532

Home Care Appeal Panel

If you have concerns about your home care, first talk to your home care case co-ordinator or his/her supervisor. If you are still not satisfied, you may file an appeal with the Appeal Panel for Home Care. This panel hears appeals from people who have asked for home care services and who disagree with the decisions made about their eligibility or their level of service.

You may file an appeal if:
- your request for home care service was turned down;
- you disagree with the level of service you receive; or
- you have any concerns about the home care services you are receiving.

To file an appeal, contact the Home Care Appeals Office and ask for an appeal form. For more information contact:

Appeal Panel for Home Care
Room 4012, 300 Carlton Street
Winnipeg, MB R3B 3M9Phone: 788-6788
Toll-free: 1-800-491-4993
Fax: 948-2024
E-mail: appeals@gov.mb.ca
Web site:
www.homecareappeals.mb.ca

Residential Care

Residential care is a community-based housing option that provides congregate living accommodations with care and supervision at levels defined by Manitoba Family Services and Housing. Residential care facilities are licensed through Manitoba Family Services and Housing. Facilities may be profit or non-profit and operated by professional or non-professional staff. The Manitoba government does not subsidize residential care, however, you may qualify for financial assistance under the Shelter Allowance for Elderly Renters (SAFER) Program. See page 25 for more information about this program.

If you would like more information about residential care facilities contact:

Manitoba Family Services and Housing
Residential Care Licensing
Phone: 945-1042
Fax: 944-0254

Personal Care Home Placement

A personal care home may be the most appropriate care setting when your care needs can no longer be managed within your home or an alternative community setting.

The application form for personal care home placement is initiated

LOCATED IN THE HEALTH SCIENCES CENTRE
HOME MEDICAL SUPPLIES
Sales - Service - Rentals

• Liftchairs • Wheelchairs
• Scooters • Walkers • Canes
• Adjustable Beds • Bath • Daily Living and Rehabilitation Products • Skincare
• Woundcare • First Aid • Sun Protective Clothing • Incontinence Management

Direct billing available
• Dept. of Veteran Affairs
• Social Services WInnipeg
• Indian Affairs – Health Canada
• Provincial Income Assistance
Subject to approval
STEVENS
Home Medical Supplies
STORE
In the Health Sciences Centre
pw113 700 William Ave.
787-3532

through your Home Care Case Co-ordinator. If you are not on Home Care, contact your Regional Health Authority for more information. Once completed, the application is reviewed by an assessment panel to decide on the most appropriate environment where your care needs can be met.

Canadian citizens and permanent residents who have lived in Manitoba for the previous five consecutive years are eligible for personal care home benefits. If you are a Canadian citizen and a new resident to Manitoba, there will be a period of 24 consecutive months before you are eligible for personal care home benefits. Exceptions are made if:

- You previously were a resident of Manitoba for 30 years, left Canada and then returned to Canada after an absence of less than 10 years and re-established yourself as a resident of Manitoba, or
- You have been a resident of a province or territory of Canada for five consecutive years and immediately have established yourself as a resident of Manitoba.

If the assessment panel decides you are not eligible for a personal care home, you and your family may ask the Regional Health Authority to review the application again.

There may be a waiting period before you are admitted to the personal care home of your choice. During this time, home care services may be provided to you as necessary.

If you require admission immediately, or are in hospital awaiting placement, you may be asked to accept placement in a different care facility until you can be admitted to the personal care home of your choice. Information is available on the Manitoba Health web site at www.gov.mb.ca/health or from your Regional Health Authority.

Complaint Process for Personal Care Homes

If you, a family member or visitor have concerns or a complaint about your care or the operation of your personal care home, it is important that these concerns be brought to the attention of the appropriate individuals.

First, you should discuss the problem with the nurse in charge of your unit. If this is not appropriate, then the problem should be discussed with the director of nursing or the administrator of the personal care home. You should report your concerns immediately so they may be handled as quickly as possible. If you are still not satisfied contact:

Long Term Care
Concerns/Complaints
1071 – 300 Carlton Street
Winnipeg, MB R3B 3M9
Phone: 945-4840
Toll-free: 1-888-871-6276
Fax: 775-8055

The Protection for Persons in Care Office

The Protection for Persons in Care Act (the Act) is an extra safeguard built into Manitoba's health care system. The Act is a law to help protect adults from abuse while receiving care in personal care homes, hospitals or any other designated health facility. The Act will require anyone, including staff, volunteers, visitors and any other person who has a reasonable basis to believe that an adult receiving care in a health facility is, or is likely to be abused, to promptly report their belief to the Protection for Persons in Care Office (PPCO) at Manitoba Health. The Act provides protection for individuals who make reports as well as protection against false or malicious reporting. Any failure to comply with the Act, including intentionally making a false report, may result in charges being laid and fines imposed.

The Protection Office may be contacted by phoning 788-6366 (within Winnipeg), or 1-866-440-6366 (toll-free outside of Winnipeg).

Long Term Care Charges at Personal Care Homes

Long term care charges at personal care homes are based on income. A reduction to the maximum daily rate can be requested at the facility by completing an Application for Reduced Residential Charges and providing a copy of your prior year's Notice of Assessment from the Canada Customs and Revenue Agency. Facility staff will assess the rate.

You may request a review or appeal the rate within 30 days of the effective date of the charge. The Request for Review/Appeal

form is available at each facility. Manitoba Health reviews the request and either reduces or confirms the amount of the charge. If you are not satisfied with the outcome of Manitoba Health's review you may appeal to the Manitoba Health Appeal Board. To do so, you must notify your facility within 30 days of Manitoba Health's notification of the charge. The Board has the authority to consider appeals and either confirm the original amount of the charge, or reduce it. In the event of an appeal, you may choose to attend, or not attend the hearing. The Board will meet and notify you and Manitoba Health of their decision.

While you are awaiting a response to the Request for Review/Appeal, you have the option of being charged the current year's assessed rate, or the previous year's rate, or the minimum rate if assessed the minimum rate last year or if a new client. Any difference between the amount charged and the final rate, as determined by either Manitoba Health or the Manitoba Health Appeal Board will be collected or refunded by the facility retroactive to the effective date of the charge.

When travelling outside Manitoba, always remember...

Away FROM HOME®

Away from Home is a CAA member-exclusive travel health insurance that offers:

- Competitive Rates
- No age restrictions
- No deductibles
- Comprehensive worldwide coverage

CAA

987-6166

1-800-222-4357
7am - 11pm daily

®CAA, Away from Home are trademarks owned by, and their use is granted by the Canadian Automobile Association.

Medical Equipment and Supplies

Canadian Red Cross Society

The Canadian Red Cross Medical Equipment Loan Service (MELS) provides mobility equipment free of charge, for a maximum of three months, to residents of Manitoba who are recovering from an illness, injury or surgery. Available equipment includes canes, crutches, walkers and wheelchairs. All clients must be referred by a healthcare professional.

Canadian Red Cross Society
1111 Portage Avenue
Winnipeg, MB R3G 0S8
Phone: 982-7336

Morden Services to Seniors

Morden Services to Seniors is a satellite for the Canadian Red Cross Medical Equipment Loan Service, providing free temporary loans of mobility equipment to Manitobans who are recovering from an illness, injury, or surgery. Temporary equipment loans of walkers and bath aides are also available for a nominal fee. For more information contact:

Morden Services for Seniors
306 North Railway Street
Morden, MB R6M 1S7
Phone/Fax: 822-5663
E-mail:
servicesforseniors@mts.net

Society for Manitobans with Disabilities

This program provides long-term loans of wheelchairs to individuals living in the community. An application signed by the physician is required in order to receive a wheelchair

SMD Wheelchair Services
1111 Winnipeg Avenue
Winnipeg, MB R3E 0S2
Phone: 975-3250
Toll-free: 1-800-836-5551

To purchase medical equipment and supplies, look for commercial suppliers in the MTS Yellow Pages under "Medical Supplies."

Payment or Refund for Health Care Services

Manitoba Health – Insured Benefits

All insured residents of Manitoba are covered by the health insurance plan administered by Manitoba Health. Benefits include the following:

- hospital coverage at the standard ward level;
- medical services, including visits to doctors' offices, house calls and doctors' services in hospitals;
- certain prosthetic and

orthotic devices;
- care in personal care homes;
- a prescription drug program
- seniors' eyeglass program.

For details regarding registration and coverage contact:
Manitoba Health – Insured Benefits
300 Carlton Street
Winnipeg, MB R3B 3M9
Phone: 786-7101
Toll-free: 1-800-392-1207
TDD: 774-8618
Toll free: 1-800-855-0511
Fax: 783-2171
Web site:
www.gov.mb.ca/health/mhsip/index.html

Pharmacare Program

Pharmacare is a drug benefit program that protects eligible Manitobans against financial hardships associated with relatively high expenditures for drug costs. Each year Manitobans are required to pay a portion of the cost of their eligible prescription drugs. This portion is referred to as the Pharmacare deductible. The Pharmacare deductible is based on total family income.

In 2000, Manitoba residents were provided with the option of applying to the Pharmacare Program through a one-time enrollment process or annually.

Manitobans who selected the one-time enrolment process (Option A) are no longer required to annually submit a Pharmacare Application. Manitoba Health will establish the Pharmacare deductible for April 1 of each benefit year. Shortly after the beginning of each benefit year, Manitobans who selected this option will receive a letter from Manitoba Health confirming their enrolment and deductible level.

In order to be eligible for benefits, Manitobans who chose the annual application process (Option B) must complete a Pharmacare Application and Consent Authorization within each benefit year, April 1 to March 31. Applicants must also include a copy of their Revenue Canada Notice of Assessment from the taxation year two years prior to the beginning of the benefit year with their completed application.

The deadline for filing your 2002/2003 Pharmacare Application is March 31, 2003.

Applications are available from all Manitoba pharmacies or at the Manitoba Health offices at 300 Carlton Street, Winnipeg, Manitoba. Applications can also be downloaded from the Government Internet site at http://www.gov.mb.ca/health/pharmacare.

Pharmacare Information Line: (recorded message):
788-2506 (English)
788-2520 (French)

Provincial Drug Programs: (Customer Service Help Desk)
In Winnipeg: 786-7141
Toll-free: 1-800-297-8099
TTY-TTD: 774-8618 or Manitoba Relay Service: 711 or 1-800-432-4444
Fax: 786-6634

Eyeglass Program

The Eyeglass Program, for residents of Manitoba 65 years of age and older, provides limited financial assistance toward the purchase of eyeglasses (one pair of eyeglasses every three year period – or more often if there is a change in vision) from an optometrist or an optician. The total allowable amount is based on a fixed schedule for dispensing fees, frames and lenses, less $50 deductible. After deducting $50, Manitoba Health pays 80 per cent of the remainder of the allowable total; it is not based on the total cost of the eyeglasses.

The $50 deductible applies once every 12-month period (April 1 to March 31) per family. If additional glasses are required within the 12-month period, the deductible does not apply. Claim forms are available from optometrists and opticians. For more information contact:

Manitoba Health – Insured Benefits
Senior Eyeglass Program
300 Carlton Street
Winnipeg, MB R3B 3M9
Phone: 786-7366
Toll-free: 1-800-392-1207 ext. 7366
Fax: 783-2171
E-mail: CBergen@gov.mb.ca
Web site: www.gov.mb.ca /health/mhsip/eyeglasses.html

Manitoba Blue Cross

Manitoba Blue Cross offers a variety of health care plans to Manitobans to help supplement provincial government health care services. Coverage for ambulance fees, semi-private hospital

room fees, dental care and much more is available through Manitoba Blue Cross.
Travel health coverage is particularly important for anyone travelling outside of Manitoba or Canada, and Manitoba Blue Cross can provide comprehensive coverage. For more information, contact Blue Cross at:

Customer Service
Polo Park Mall
Monday-Friday
9:30 a.m. – 7:00 p.m.

Information Service
Phone: 775-0151
Toll free: 1-800-USE-BLUE
Web site: www.mb.bluecross.ca

Dental Services

The Faculty of Dentistry at the University of Manitoba operates a clinic for teaching purposes. It is best to phone first to see if your needs can be met, as the availability of services changes throughout the year. Modest fees are charged for dental services provided. There may be a waiting period before the first appointment in the application process. For information and appointments please call:

University of Manitoba
Faculty of Dentistry
790 Bannatyne Avenue
Winnipeg, MB R3E 0W2
Phone: 789-3505
Fax: 789-3950
E-mail:
gloewe@ms.umanitoba.ca

Home Dental Care Program

This outreach program was established in 1985 by the Faculty of Dentistry to provide dental care to patients who find it difficult or impossible to visit a regular clinic. Using the dental mobile van, faculty dentists and hygienists make calls in personal care homes, senior citizens' residences, hospitals and private homes. A wide range of dental services is provided.
Dental fees are based on the Manitoba Dental Association fee guide. Written estimates for treatment are provided before treatment begins. To arrange a dental visit or for more information contact:

Faculty of Dentistry/Centre for Community Oral Health
Home Dental Care Program
Phone: 789-3450
Fax: 789-3951

Foot Care

Many senior centres and community resource councils offer foot care for seniors. Contact your local senior centre or community resource council to see if they offer foot care. See pages 13, 15.

Community Health Centres

Mount Carmel Clinic

Mount Carmel Clinic, located in the North End of Winnipeg, is a primary health care centre designed to meet the needs of both individuals and families. The clinic takes a special interest in senior citizens in the community. Staff regularly visits various senior centres within the community to monitor blood pressure and discuss health concerns on an individual basis. Home visits may be arranged. Other services include:

- medical and nursing services;
- dental services;
- lab/x-ray;
- health information;
- diabetes education;
- foot care; and
- social work services.

The Clinic Pharmacy offers help with:

- the purchase of medication on credit
- filling out Pharmacare applications
- filling out drug insurance claim forms

Mount Carmel Clinic
886 Main Street
Winnipeg, MB R2W 5L4
Phone: 582-2311
Fax: 582-1341

Health Action Centre

Health Action Centre is a primary health centre. The Centre provides comprehensive health and social services, which include a medical clinic, dietary counselling, foot care, a congregate meal program for older adults, outreach and advocacy services, home visits and social support according to individual needs. A Health Services for the Elderly Program is available to older adults referred for clinical and therapy services. There is also access to dental health services, health education sessions and healthy lifestyle teaching. Included on site are additional services such as the Community Mental Health, the Geriatric

Program Assessment Team, Home Care and Public Health. Health Action Centre is located in the inner city area and aims to provide services to area residents. For information contact:

Health Action Centre
425 Elgin Avenue
Winnipeg, MB R3A 1P2
Phone: 940-1626
Fax: 942-7828

Aboriginal Health & Wellness Centre of Winnipeg, Inc.

The Aboriginal Health & Wellness Centre is a community-based health and wellness resource centre committed to serving the Aboriginal community of Winnipeg. All programs and services of AHWC are based on a framework that encompasses the traditional philosophy contained within the teachings of the Medicine Wheel. Programs include a Primary Care Clinic, Social Workers, FAS/E, Abinotci (children's healing), Head Start, Women's Healing, Men's Healing and Traditional Healers.

Aboriginal Health & Wellness Centre of Winnipeg, Inc.
215 – 181 Higgins Avenue
Winnipeg, MB R3B 3G1
Phone: 925-3700
Fax: 925-3709

Nursing, Therapy and Medical Services

Manitoba Public Health Nursing Services

Throughout Manitoba, Public Health Nursing Services are available to individuals, families and groups of all ages. Public Health Nurses are available to provide service, discuss health concerns, assess health needs and assist individuals/families to obtain information and necessary services to attain and/or maintain their health at an optimum level. Public Health Nurses provide services in community sites, individual residences and Community Health offices. Individuals or family members may request information about these services from their regional health authority.

Community Therapy Services

Community Therapy Services (CTS) is a non-profit Agency employing rehabilitation professionals in Winnipeg and in most regions of Manitoba. The Agency's occupational therapists, physiotherapists, and speech language pathologists are university-trained professionals who can assist individuals to live independently in their own homes. Most of the Agency's services are funded by Manitoba's Regional Health Authorities and are provided at no cost to eligible clients. For more information on how to access the Agency's services contact:

Community Therapy Services
201 – 1555 St. James Street
Winnipeg, MB R3H 1B5
Phone: 949-0533
Fax: 942-1428
E-mail: cts@ctsinc.mb.ca
Web site: www.ctsinc.mb.ca

Nor'West Co-op Community Health Centre Inc.

The centre offers multi-disciplinary health services including primary care (three physicians and two primary care nurses), lifestyles, nutrition, diabetes and family violence counselling. The centre also offers community outreach programs for seniors including basic nutrition education, foot care, active living leadership, volunteer program, health screening, income tax and flu shots. For information and appointments contact:

Nor'West Co-op Health Centre
103 – 61 Tyndall Avenue
Winnipeg, MB R2X 2T4
Phone: 633-5955

Klinic Community Health Centre

The Community Services Outreach Program provides in-home health monitoring services and health education for those residing in Klinic's geographic catchment area. Services are provided by a multi-disciplinary team that includes Community Registered Nurses, Community Worker, Dietician, Social Worker and Physicians and in collaboration with other community services including Home Care.

Clients must be or come under the care of a Klinic physician, be

experiencing chronic or complex physical concerns or mental health issues, that limit their ability to attend on site.

Klinic Community Health Centre
870 Portage Avenue
Winnipeg, MB R3G 0P1
Phone: 784-4090
Fax: 784-4013
E-mail: klinic@klinic.mb.ca
Web site:
http://www.klinic.mb.ca

Seniors Health Resource Team

A Seniors Health Resource Team, a service of the Winnipeg Regional Health Authority, gives you an opportunity to talk privately with a health care team about healthy aging including concerns about nutrition, weight, sleep, safety, mobility, medications, forgetfulness, blood pressure, and caregiving. They also offer health education programs, support groups for diabetes, caregiving, grief and loss, and community development programs such as gardening and walking so you can enjoy living with zest and vitality.

The clinics are held in apartment blocks and Senior Centres in two areas of the city. If you would like to make an appointment please contact:

Seniors Health Resource Team-River East
755 Henderson Highway
Winnipeg, MB R2K 2K5
Phone: 940-2114
Fax: 940-3629

St. James-Assiniboia Seniors Health Promotion Resource Team
2109 Portage Avenue
Winnipeg, MB R3J 0L3
Phone: 940-3261
Fax: 987-8856

The Anne Ross Health Resource Centre

The Anne Ross Health Resource Centre is a unique non-profit organization helping seniors in the Winnipeg downtown area. It is a nurse-oriented health centre whose main focus is the promotion of healthy lifestyle choices. It offers blood pressure, blood glucose and medication review as well as counselling and health education. The centre also has an active drop-in centre for reading, pool, bridge, puzzles and nutrition bingo. The nurses hold clinics at nine apartment blocks within the downtown area. If you would like more information please contact:

The Anne Ross Health Resource Centre
2nd Floor – 444 Kennedy St.
Winnipeg, MB R3B 2Z1
Phone: 957-7216
Fax: 957-0929

Rupert's Land Caregiver Services

Rupert's Land Caregiver Services offers a range of services to provide support for family caregivers of persons 55 or older. Services include 'time-out' or short-term respite care, assisted transportation in southwest Winnipeg (area codes include R3L, R3M, R3N, R3P and part of R3T), information and help in problem-solving, referral to other community services, telephone support and a newsletter *The Caregivers Page*. For more information contact:

Rupert's Land Caregiver Services
168 Wilton Street
Winnipeg, MB R3M 3C3
Phone: 452-9491
Fax: 474-0753
E-mail: rlcs@mb.sympatico.ca

St. John Ambulance

St. John Ambulance is a non-profit organization that provides services and training that enables Manitobans to improve their health, safety and quality of life. They provide training in all aspects of First Aid and CPR. Their Community Services programs include Therapy Dogs who visit seniors in nursing home facilities and Volunteers who provide First Aid at public events. For information on:

Training – Phone: 784-7000
Volunteer Programs – Phone: 784-7016

Hospice & Palliative Care Manitoba (HPCM)

Within the Winnipeg region, the Community Hospice Volunteer Program provides support and practical help in a variety of ways by trained volunteers to individuals and families who are living with terminal illness or coping with grief. HPCM can provide information on palliative care services available in Manitoba communities and how to access them. HPCM offers an education program to prepare volunteers for hospice work in the community or in an institution. HPCM also hosts the annual

palliative care conference (which includes a free public lecture), produces a quarterly newsletter, *The Hospice Companion*, and distributes information through the Hospice Resource Library. As the provincial voice for hospice palliative care, HPCM encourages communities to become members of the association. For more information contact:

Hospice & Palliative Care Manitoba
2109 Portage Avenue
Winnipeg, MB R3J 0L3
Phone: 889-8525
Toll-free: 1-800-539-0295
Fax: 888-8874

Palliative Care

The goal of palliative care is to relieve suffering and improve the quality of life for persons living with advanced illness. Palliative care focuses on the person as a whole by offering a wide range of support services in a variety of settings including hospitals, personal care homes, special hospice facilities or at home. For more information contact the Winnipeg Regional Health Authority Palliative Care Co-ordinator at 237-2400 or contact your local Palliative Care Co-ordinator listed below:

Assiniboine: 328-7878 (Rivers)
747-2745 (Deloraine)
Brandon: 571-8429
Burntwood: 778-1427
Central: 239-3100 or 239-5539
Churchill: 675-8355
Interlake : 372-7301 or 372-8703 ext. 301
Nor-Man: 623-9280 (The Pas)
687-9316 (Flin Flon)
North Eastman: 753-3147
Parkland: 638-2203
South Eastman: 433-7636

The Family Doctor Connection

The Manitoba College of Family Physicians is a voluntary organization representing family physicians across the province. It strongly believes that all Manitobans should have access to a family doctor. Family doctors care for people of all ages, from infants to the elderly, and focus on all aspects of well-being, including the prevention and management of disease and the promotion of healthy living. It strives to improve the health of individuals, families and communities.

It offers The Family Doctor Connection Program which provides an up-to-date, comprehensive list of Winnipeg family doctors accepting new patients. By calling, you will be assisted personally and provided with the names and telephone numbers of family physicians accepting new patients in your area.

The Family Doctor Connection
Monday-Friday 8:30 a.m. to 4:30 p.m.
Phone: 786-7111 (voice mail available outside office hours)

Counselling and Emergency Services

Age and Opportunity

Age and Opportunity offers counselling services that identify, inform and assist the elderly and their families. Assistance is available to help seniors cope with the many transitions associated with aging, which include caregiving, grief, retirement, depression, isolation, loneliness, and family relationships. For further information please call:

Age and Opportunity
200 – 283 Portage Avenue
Winnipeg, MB R3B 2B5
Phone: 956-6440
Fax: 946-5667
E-mail:
info@ageopportunity.mb.ca
Web site:
www.ageopportunity.mb.ca

Personal and Family Counselling

Interfaith Marriage and Family Institute

The institute offers family, couple, and individual counselling services. Counselling for seniors may include issues such as grief, bereavement and illness. There is a sliding fee schedule according to income.

Interfaith Marriage and Family Institute
Room 2S03
515 Portage Avenue
Winnipeg, MB R3B 2E9
Phone: 786-9251
Fax: 772-2547
E-mail: interfaith@uwinnipeg.ca

Jewish Child and Family Services to Jewish Older Adults

The agency provides older adults with the support necessary to maintain themselves in an independent living situation in the community at an optimal level of psychological, social and health functioning. The program provides assessments, counselling, links to services and regular monitoring contact. This service also includes supports to holocaust survivors and their families. For further information contact:

Jewish Child and Family Service
Suite C200
123 Doncaster Street
Winnipeg, MB R3N 2B2
Phone: 477-7430
E-mail: jcfs@aspercampus.mb.ca

For counselling for immigrant women please refer to **Immigrant Women's Counselling Services** on page 70.

Elder Abuse

Seniors Abuse Line

The Seniors Abuse Line is a confidential information service aimed at providing seniors, family members, professionals, and others with a one-stop information resource on elder abuse. The abuse line staff provide information on community resources and support services that are available throughout Manitoba. An elder abuse consultant is also available to provide education and training, and to assist communities to ensure that services and supports are coordinated and available to abused older persons. For more information contact:

Seniors Abuse Line
Phone: 945-1884
Toll-free: 1-888-896-7183

Age and Opportunity

Age and Opportunity provides consultation, assessment, and counselling services to seniors who are suspected victims of abuse. For further information, please call:

Age and Opportunity
200 – 283 Portage Avenue
Winnipeg, MB R3B 2B5
Phone: 956-6440
Fax: 946-5667
E-mail:
info@ageopportunity.mb.ca
Web site:
www.ageopportunity.mb.ca

Women's Shelters

Women's shelters located throughout Manitoba provide short-term emergency shelter for women of all ages who are abused by their partners.

Provincial-wide Crisis Line
1-877-977-0007

Osborne House Winnipeg
Local Crisis Line:
942-3052 (24 hours)
Osborne House Inc.
Administration: 942-7373
Toll-free: 1-877-977-0007

Ikwe-Widdjiitiwin Inc.:
987-2780
Toll-free: 1-877-977-0007

Central Region

South Central Committee on Family Violence
(Genesis House)
Crisis Line: 325-9800
Toll-free: 1-877-977-0007
TTY: 325-8722
Toll-free TTY: 1-800-995-0058
Administration: 325-9957

Portage Women's Shelter Inc.
Crisis Line: 239-5233
Toll-free: 1-877-977-0007
TTY: 239-0665
Toll-free TTY: 1-800-393-0665
Administration: 239-5234

Eastman Region

Eastman Crisis Centre Inc.
(Agape House)
Crisis Line: 346-0028
Toll-free: 1-877-977-0007
Administration: 326-6062

Interlake Region

Nova House Inc.
Crisis Line: 482-1200
Toll-free: 1-877-977-0007
Administration: 482-7882

NOR–MAN Region

The Pas Committee for Women in Crisis Inc.
(Aurora House)
Crisis Line: 623-5497
Toll-free: 1-877-977-0007
Administration: 623-7427

Parklands Region

Parkland Crisis Centre Inc.
Crisis Line: 638-9484
Toll-free: 1-877-977-0007
Administration: 622-4620

Thompson Region

Thompson Crisis Centre Inc.
Crisis Line: 778-7273
Toll-free: 1-877-977-0007
Administration: 677-9668

Westman Region

YWCA Westman Women's Shelter
Crisis Line: 727-3644
Toll-free: 1-877-977-0007

Alcohol, Drugs and Gambling Programs

Addictions Foundation of Manitoba

The Addictions Foundation of Manitoba provides prevention and rehabilitation services for older adults with problems involving the use of alcohol or other drugs and gambling. Rehabilitation services are offered through residential or non-residential programs. To access these programs contact the intake worker.

afm
ADDICTIONS FOUNDATION OF MANITOBA

Are you worried about someone who uses alcohol or other drugs, or gambles too much?

Call the AFM office in your region

Winnipeg	944-6200
Thompson	677-7300
Brandon	729-3838

www.afm.mb.ca

Leading the way to an addiction-free society

For men, phone: 944-6200
For women, phone: 944-6229

Problem Gambling Services
Older Persons and Gambling
Consultant: 944-6368
Web site: www.afm.mb.ca

Prevention services establish and maintain local prevention and education programs in response to specific community needs. Specialized workshops are available for older adults and their caregivers. An extensive library and information resource centre on addictions has books, journals, videos, pamphlets, posters, and many other resources available to all Manitobans. Presentations and consultations may be negotiated on an individual agency basis by contacting Community Prevention Programs:

AFM Winnipeg

1031 Portage Avenue
Winnipeg, MB R3G 0R8
Phone: 944-6260

AFM Rural Offices

BEAUSEJOUR
Provincial Building,
1st Street
P.O. Box 50, R0E 0C0
Phone: 268-6166
Fax: 268-1691

BRANDON
510 Fredrick Street
R7A 6Z4
Phone: 729-3838
Fax: 729-3844

DAUPHIN
32-1st Avenue North West
R7N 1G7
Phone: 622-2021
Fax: 638-6077

FLIN FLON
2nd Floor – 32 Main Street
R8A 1J6
Phone: 687-1770
Fax: 687-7361

GIMLI
P.O. Box 449
R0C 1B0
Phone: 642-5162
Fax: 642-8012

KILLARNEY
P.O. Box 3000
203 South Railway Street East
R0K 1G0
Phone: 523-5070
Fax: 523-5071

MORDEN
108 – 8th Street
R6M 1Y7
Phone: 822-1296
Fax: 822-3794

NEEPAWA
Box 1779
282 Hamilton St.
R0J 0J0
Phone: 476-7200
Fax: 476-7201

PORTAGE LA PRAIRIE
9 Saskatchewan Avenue,
2nd Floor
R1N 3J9
Phone: 857-8353
Fax: 239-4860

ROSSBURN
P.O. Box 399
R0J 1V0
Phone: 859-4000
Fax: 859-4001

SELKIRK
3rd Floor, 343 Main Street
R1A 1T3
Phone: 785-2354
Fax: 785-9056

STEINBACH
Box 2560
381 Hospital Street
Steinbach, MB R0A 2A0
Phone: 326-7724
Fax: 326-6520

SWAN RIVER
P.O. Box 141
R0L 1Z0
Phone: 734-2030
Fax: 734-9509

STE. ROSE
Willard Monson House
P.O. Box 490
R0L 1S0
Phone: 447-4040
Fax: 447-4050
E-mail: wmh@afm.mb.ca

THE PAS
P.O. Box 2039, R9A 1L7
Phone: 627-8140
Fax: 623-6264

THOMPSON
23 Nickel Road, R8N 0Y4
Phone: 677-7300
Fax: 677-7328

For older adults who may have family members experiencing alcohol, other drugs, or gambling problems, a Family Program is available:

In Winnipeg: 944-6229
In Brandon: 729-3838
In Thompson: 677-7300

Addictions Self-Help Groups

Alcoholics Anonymous

Alcoholics Anonymous is a voluntary, worldwide fellowship of men and women from all walks of life who meet in groups to attain and maintain sobriety. The only requirement for member-

ship is a desire to stop drinking. There are no dues or membership fees. For more information contact:

Alcoholics Anonymous
208 – 323 Portage Avenue
Winnipeg, MB R3B 2C1
Phone: 942-0126
Fax: 957-5024
Web site: www.aamanitoba.org

Al-Anon/Alateen Central Service

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope, in order to solve their common problems. Al-Anon has but one purpose – to help families of alcoholics. For more information please contact:

Al-Anon/Alateen Central Service
202 – 310 Donald Street
Winnipeg, MB R3B 2H4
Phone: 943-6051
Fax: 942-4077

Gamblers Anonymous

Compulsive gambling is an illness progressive in its nature, which can never be cured but can be arrested. There are Gamblers Anonymous (GA) meetings in various areas of the city every day of the week. Please contact GA at 582–4823 for a recorded message about meeting times and locations. The meeting message is updated regularly . If you need to speak to a member of GA, simply leave your first name and telephone number and a member will call you the same day.

Support services for families are available from GamAnon by calling 775-3535.

Substance Use Management Intervention and Treatment (SUMIT)

SUMIT is a treatment program for chemically dependent individuals 55 years of age and older who are experiencing difficulties with the management of alcohol and other drugs. SUMIT program groups are held weekly.

SUMIT Program
Seven Oaks Geriatric Day Hospital
2300 McPhillips Street
Winnipeg, MB R2V 3M3
Phone: 632-3106
E-mail:
jillo@sogh.winnipeg.mb.ca or maurb@sogh.winnipeg.mb.ca

Emergency Assistance

Agape Table Inc.

Agape Table provides a hot meal and a meeting place for those in need. Some outreach services are available. Agape Table is open Monday to Friday mornings, 9:00 – 11:30 a.m., extended hours are available for counselling.

All Saints Parish Hall
175 Colony Street
Phone: 786-2370
Outreach Workers
Phone: 783-6369

Salvation Army

The Salvation Army in Manitoba provides emergency assistance and care to help individuals cope with their problems. Rehabilitative programs and counselling services are offered.

Community and Residential Services
180 Henry Street
Winnipeg, MB
Phone: 946-9400

- Chaplaincy/Counselling
- Employment & Educational Programs
- Anchorage Chemical Dependency Program
- Mental Health Services
- Crisis Stabilization Unit (Winnipeg, Selkirk, Brandon) – a short-term residential unit for adults in psychiatric crisis who require specialized services, but do not need hospitalization.

EASY LIVING SHOPS

Ladies' & Men's 50+ Fashions & For Those With Limited Mobility Designed For Comfort & Easy Care.

Great Selection of Dresses, Tracksuits, Cardigans, Slippers, Sleepwear, etc.

Phone: 284-2009
Outside Winnipeg: 1-800-665-1976
Shop in Person: 270 Lilac St. (Just South of Corydon)
Winnipeg , MB R3M 2T4
8:30 a.m. - 5:00 p.m. Monday - Friday

- Mobile Crisis Unit (Winnipeg, Selkirk, Brandon) – a mobile team of professionals who respond to calls for individuals in crisis.
- Men's & Women's Residence
- Community & Family Services
- Community Venture Program
- Correctional & Justice Services

Corps (Churches) located in Manitoba with Specific Programs for Seniors

Brandon Corps

The Salvation Army Brandon Corps offers prescription and minor medical assistance, including equipment such as walkers, canes, and eyeglasses. The church also offers pastoral counselling services and assistance with funeral arrangements. Finally, the church has a Senior Men's Group that meets monthly for Breakfast, a 55+ group that meets once a month and a Women's Gathering weekly.

9 Princess Ave. E.
Brandon, MB R7A 1R8
Phone: 727-6271
Fax: 727-1752

Hampton Corps & Community Services

The Salvation Army Hampton Corps offers a monthly Senior's Group and a Parish nurse who is available to seniors once a week.

221 Hampton St.
Winnipeg, MB R3J 1P5
Phone: 888-2641
Fax: 895-9385

CAMP WOODLANDS
Camp Woodlands offers a monthly Senior's Group
Box 164
Woodlands, MB R0C 3H0
Phone: 383-5357
Fax: 383-5233

Red Cross Society

The Red Cross supports other agencies to provide emergency food, clothing and shelter in case of disaster, such as house fires. The Society also provides help in tracing and reuniting family members in Canada and abroad. Non-wheeled walkers, canes, crutches and wheelchairs are available for free short-term (three months) loans with authorization from a physician. For more information contact:

Canadian Red Cross
1111 Portage Avenue
Winnipeg, MB R3G 0S8
Phone: 982-7330
Fax: 942-8367
Web site: www.redcross.ca

Canadian Red Cross
443 – 9th Street
Brandon, MB R7A 4A9
Phone: 729-4970
Fax: 727-0349

Manitoba Farm and Rural Stress Line

The Manitoba Farm and Rural Stress line provides support, counselling, information and referrals over the phone to anyone whose life is in any way affected by farming, agriculture and/or rural living. Counsellors are trained to provide support, to help a person discover and understand the nature of a problem and its effects, explore internal and external resources, and other ways of coping. They will assist a person to make changes the caller believes to be important and will link with community resources most appropriate to help them with their situation.

Call: Toll-free within Manitoba:
1-866-367-3276
Fax: 571-4182
E-mail: help@ruralstress.mb.ca
Web site: www.ruralstress.ca

Central
Services de Santé
Health Services
1317 Portage Ave.
772-4000

"Better Care For All Concerned"

Dedicated Personalized Service
By Licensed Caring Professionals

- Home Support/Child Care
- Nursing Care - *all levels*
- Escorts & Companionship

24 Hours A Day • 7 Days A Week
Complimentary Client Assessment

Health and Chronic Disease Resources

Medication Information Line for the Elderly (MILE)

The Faculty of Pharmacy at the University of Manitoba offers the Medication Information Line for the Elderly. A pharmacist will take your call and answer your questions about drugs and proper drug use. Hours of operation are Monday to Friday, 9 a.m. to 3 p.m.

Phone: 261-3111
Toll-free: 1-800-432-1960, ext. 6493

Health Links

Health Links is a telephone information and referral service located at Misericordia Health Centre. Specially trained registered nurses staff the Health Links line to help the public with their health questions and concerns. Health Links offers a 24–hour service, seven days a week.

Phone: 788-8200 or toll-free:1-888-315-9257
Fax: 779-5645

Wellness Institute at Seven Oaks General Hospital

The Institute offers many programs for adults dealing with a chronic disease or recovering from an illness, or for those interested in health and wellness. The exercise and education based Wellness Pathways, facilitated by a variety of health professionals include: Managing Diabetes, Managing Fibromyalgia, Cardiac Rehabilitation, Weight Management, Arthritis Management, Cancer Wellness, and Smoking Cessation. A Support group is offered for men recovering from Prostate Cancer.

1075 Leila Avenue
Winnipeg, MB R2P 2W7
Phone: 632-3900
Web site:
www.wellnessinstitute.mb.ca

Chronic Disease Information Resources

The following organizations are excellent sources of information about chronic diseases. Most provide a variety of services to meet the special needs of persons affected by the disease.

Alzheimer Society

The Alzheimer Society of Manitoba is an agency, whose mission is to alleviate the individual, family and social consequences of Alzheimer Disease and related disorders while supporting the search for a cure.

Programs include:
- Helpline
- Information and Education Meetings
- Support Group for people with Alzheimer Disease and related disorders
- Home Activity Partnership Program
- Alzheimer Wandering Registry
- Family Education Sessions
- Professional Education
- Library
- Speakers Bureau
- Research

For more information, check out our Web site at www.alzheimer.mb.ca or call our Helpline at 1-800-378-6699. See below for the Alzheimer Society office nearest you:

PROVINCIAL OFFICE
Unit 10 – 120 Donald Street
Winnipeg, MB R3C 4G2
Phone: 943-6622

Fax: 942-5408
E-mail: alzmb@alzheimer.mb.ca

WESTMAN REGION OFFICE
437 – 9th Street
Brandon, MB R7A 4A9
Phone: 729-8320
Fax: 726-1082

NORTH CENTRAL REGION OFFICE
21 Royal Road South, Box 574
Portage la Prairie, MB R1N 3B9
Phone: 239-4898
Fax: 239-0902

SOUTH CENTRAL REGION OFFICE
Box 119,
204 Main Street
Winkler, MB R6W 4A4
Phone: 325-5634
Fax: 325-6496

NORTH EASTMAN REGION OFFICE
Box 76
Whitemouth, MB R0E 2G0
Phone: 348-3505
Fax: 348-2448

Canadian Cancer Society

The Canadian Cancer Society is a national community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people with cancer. The funds raised support research, promote public education, and provide one-to-one peer support (Cancer Connection) for newly diagnosed cancer patients, as well as regular group support sessions. In addition they provide a volunteer driver service to transport cancer patients to and from cancer treatment.

Canadian Cancer Society
Manitoba Division
193 Sherbrook Street
Winnipeg, MB R3C 2B7
Phone: 774-7483
Toll-free: 1-888-532-6982
Cancer Info Service:
1-888-939-3333
Cancer Connection:
1-800-263-6750
E-mail: resources@mb.cancer.ca

Western Region Office
Canadian Cancer Society,
Manitoba Division
Lions Manor 415 – 1st Street
Brandon, MB R7A 2W8
Phone: 571-2800
1-888-857-6658
E-mail: dgranger@mb.cancer.ca

Canadian Diabetes Association

The Canadian Diabetes Association promotes the health of Canadians through diabetes research, service, education and advocacy. Our Diabetes Information & Support Centre offers help in obtaining the diabetes information you need. Peer-support groups run by volunteer facilitators. All peer-support groups run through the months of October to May, excluding December.

Canadian Diabetes Association
102 – 310 Broadway
Winnipeg, MB R3C 0S6
Phone: 925-3800
Toll-free: 1-800-226-8464

Manitoba Region Branches

WESTMAN DISTRICT
Community Development Coordinator
727B 10th Street
Brandon, MB R7A 4G7
Phone: 728-2382
Fax: 726-1603

PARKLANDS DISTRICT
Community Development Coordinator
118 Main Street, North
Dauphin, MB R7N 1C2
Phone: 638-6248
Fax: 638-0423

EASTMAN DISTRICT
Community Development Coordinator
Southeast & Steinbach Branch Office
216 Main Street
Steinbach, MB R0A 2A0
Phone: 326-9641
Fax: 320-9305

Southeast & Steinbach Mailing Address:
Box 1568
Steinbach, MB R0A 2A0

NORTHERN DISTRICT
Community Development Coordinator
303 – 83 Churchill Drive
Thompson, MB R8N OL5
Phone: 677-5665
Fax: 677-5642

INTERLAKE
Volunteer Development Coordinator
102 – 310 Broadway
Winnipeg, MB R3C 0S6
Phone: 925-3800, ext. 241
Fax: 949-0266

Diabetes Education Resource Program

The Diabetes Education Resource (DER) Program provides diabetes self-management education to Manitobans with and at risk for diabetes and their families. This education is provided by trained health professionals (nurse, dietitian, etc.) with other members of the diabetes health care

team. A physician, health professional or the person requiring diabetes education can make a referral to the DER.

For more information contact your Regional Health Authority.

Heart and Stroke Foundation of Manitoba

The mission of the Heart and Stroke Foundation of Manitoba is to eliminate heart disease and stroke through education, advocacy and research.

Our health programs give Manitobans the information they need to make healthy lifestyle choices. Here are some of the programs that reach out to Manitobans every year:

- Heart-to-Heart™: an education and support program for people with heart disease and their partners.
- Hearts in Motion™: an international program of walking trails for your community.
- Nutrition: provides heart healthy eating information for all Manitobans.
- Resources: a variety of pamphlets, books and videos to help you make heart healthy choices.

For more information on these programs and resources, please contact:

Heart and Stroke Foundation of Manitoba

PROVINCIAL OFFICE:
The Heart and Stroke Building
6 Donald Street, Suite 200
Winnipeg, MB R3L 0K6
Phone: 949-2000
Fax: 957-1365
Toll-free: 1-888-473-4636
E-mail:
inquiries@heartandstroke.mb.ca
Web site:
www.heartandstroke.mb.ca

BRANDON OFFICE:
Heart and Stroke Foundation of Manitoba
3 – 824 – 18th Street
Brandon, MB R7A 5B7
Phone: 571-4080
Fax: 571-4086

Huntington Disease Resource Centre

The Manitoba Huntington Disease Resource Centre assists families and professionals with the many different needs and concerns encountered while dealing with Huntington Disease. Services include information, short-term counselling, referral, mutual support and education and consultation for professionals. For more information, please write or call:

Huntington Disease Resource Centre
825 Sherbrook Street
Winnipeg, MB R3A 1M5
Phone: 772-4617
Fax: 975-3027
E-mail: hdrc@mb.sympatico.ca
Web site: www.hsc-ca.org

Arthritis Society

The Arthritis Society provides programs and services throughout Manitoba and raises funds for arthritis research. For further information please contact:

The Arthritis Society
105 – 386 Broadway
Winnipeg, MB R3C 3R6
Phone: 942-4892
Toll-free: 1-800-321-1433
Fax: 942-4894
E-mail: info@mb.arthritis.ca
Web site: www.arthritis.ca

The Arthritis Society
153 – 8th Street
Brandon, MB R7A 0W9
Phone: (204) 729-9144
Fax: 728-4344

Manitoba Lung Association

The Manitoba Lung Association is a non-profit, registered health charity. The association's programs and services provide support for persons suffering from lung diseases like asthma and emphysema, help people quit smoking, promote awareness of the health effects of second-hand smoke and support respiratory research in Manitoba. For further information call or write:

Manitoba Lung Association
629 McDermot Avenue
Winnipeg, MB R3A 1P6
Phone: 774-5501

Manitoba Lung Association
8 – 940 Princess Avenue
Brandon, MB R7A 0P6
Phone: 725-4230
Toll-free: 1-888-566-5864

Multiple Sclerosis Society of Canada

The Multiple Sclerosis (MS) Society provides information and services, such as support counselling, referrals, support groups, social and recreational activities,

for persons with MS and their families. For further information and/or assistance please contact:

Multiple Sclerosis Society of Canada – Manitoba Division
400 – 141 Bannatyne Avenue
Winnipeg, MB R3B 0R3
Phone: 943-9595
Toll-free: 1-800-268-7582
Fax: 943-8444
E-mail:
info.manitoba@mssociety.ca
Web site: www.mssociety.ca

There are chapter offices in Brandon, Portage la Prairie, Morden, Dauphin, Steinbach, and Winnipeg.

Osteoporosis Society of Canada – Manitoba Chapter

The Manitoba Chapter of the Osteoporosis Society of Canada is a not-for-profit organization committed to raising awareness province-wide about the prevention and treatment of Osteoporosis. For more information contact:

Manitoba Chapter
Osteoporosis Society of Canada
4 – 353 Provencher Blvd.
Winnipeg, MB R2H 0G8
Phone: 772-3498
Fax: 772-4200
E-mail: osteoman@mts.net
Web site: www.osteoporosis.ca
726-2108 (Brandon & surrounding area)
627-1406 (The Pas)

Parkinson Society – Manitoba Region

The Parkinson Society – Manitoba Region is a member of the only national charitable organization dedicated to raising funds for research into the cause of Parkinson's Disease, its treatments and cure. The Society provides support services to families and educates the public, organizations and individuals about Parkinson's Disease. Local chapters organize monthly support group meetings, caregiver meetings and young onset meetings, to provide information and support to families and professionals.

Parkinson Society – Manitoba Region

Winnipeg Chapter
204 – 825 Sherbrook Street
Winnipeg, MB R3A 1M5
Phone: 786-2637
Fax: 975-3027
E-mail: parky@mts.net
Web site: www.parkinson.ca

Brandon Chapter
1820 Rosser Avenue
Brandon, MB R7B 0C3
Phone: 726-4370

Steinbach Chapter
Box 20574
Steinbach, MB R0A 2T2
Phone: 326-5964

Morden Chapter
306 N. Railway St.
Morden, MB R6M 1S7
Phone: 822-3018

Gimli Chapter
Box 5
Gimli, MB R0C 1B0
Phone: 624-8473

Roblin Chapter
Box 193
Roblin, MB R0L 1P0
Phone: 937-3557

Stroke Recovery Association of Manitoba

Stroke Recovery Association of Manitoba Inc. (SAM) offers services to the survivors of stroke and their families at its centre and in the community. For more information contact:

Stroke Recovery Association of Manitoba
1 – 333 Vaughan Street
Winnipeg, MB R3B 3J9
Phone: 942-2880
Fax: 944-1982
E-mail: info@strokerecovery.ca

Mood Disorders Association of Manitoba Inc.

Staff and volunteers provide support and information for individuals and families in the community and in hospital. The association helps to identify symptoms, educate and encourage clients to seek the treatment they need. For more information contact:

Mood Disorders Association of Manitoba Inc.
4 – 1000 Notre Dame Avenue
Winnipeg, MB R3E 0N3
Phone: 786-0987
Outside Winnipeg:
1-800-263-1460
Fax: 786-1906
E-mail:
sdmdm@depression.mb.ca
Web site:
www.depression.mb.ca

Other organizations that assist individuals coping with chronic diseases are listed in your telephone directory.

Legal and Consumer Rights

Citizens' Rights

Ombudsman

To investigate complaints relating to administrative acts, decisions or omissions by departments and agencies of the provincial and municipal governments under *The Ombudsman Act*, and reviews compliance with the access to information and protection of privacy rights under *The Freedom of Information and Protection of Privacy Act* and *The Personal Health Information Act.*

Office of the Ombudsman
Province of Manitoba
750 – 500 Portage Avenue
Winnipeg, MB R3C 3X1
Phone: 982-9130
Toll-free: 1-800-665-0531
Fax: 942-7803
E-mail:
ombudsma@ombudsman.mb.ca
Web site:
www.ombudsman.mb.ca

Office of the Ombudsman
Scotia Towers
603 – 1011 Rosser Avenue
Brandon, MB R7A 0L5
Phone: 571-5151
Toll-free: 1-888-543-8230
Fax: 571-5157
E-mail:
bran@ombudsman.mb.ca

Manitoba Human Rights Commission

The Manitoba Human Rights Commission administers the Manitoba Human Rights Code, which furthers the principles of equality of opportunity and freedom from unreasonable discrimination in the areas of employment, housing, services and facilities, publications, notices and signs and contracts.

The Commission conciliates, mediates and investigates complaints which allege discrimination, or failure to accommodate special needs, based on the following protected characteristics: ancestry, ethnic or national origin, religion or creed, age, sex (including pregnancy); gender-determined characteristics, sexual orientation, marital/family status, source of income, political belief, and physical or mental disability. Complaints which are not resolved may be referred to an independent human rights adjudicator for hearing.

The Commission also has a mandate to conduct public education programs, and in that regard, has developed a series of workshops and seminars on human rights topics. Commission staff also respond to requests for consultation and speaking engagements.

For more information, to file a complaint or to register for education programs contact:

The Manitoba Human Rights Commission
7th Floor, 175 Hargrave Street
Winnipeg, MB R3C 3R8
Phone: 945-3007
Fax: 945-1292
TTY: 945-3442
Toll-free: 1-888-884-8681
E-mail: hrc@gov.mb.ca
Web site: www.gov.mb.ca/hrc

The Manitoba Human Rights Commission
340 – 9th Street
Brandon, MB R7A 6C2
Phone: 726-6261
TTY: 726-6152
Toll-free: 1-800-201-2551

The Manitoba Human Rights Commission
2nd Floor – Otineka Mall
Box 2550
The Pas, MB R9A 1K5
Phone: 627-8270
TTY: 623-7892
Toll-Free: 1-800-676-7084

Social Services Appeal Board

The Social Services Appeal Board is an independent appeal board for decisions regarding provincial and municipal social assistance and other programs offered by Manitoba Family Services and Housing, including 55 Plus – A Manitoba Income Supplement Program. Individuals who are in receipt of, or are applying for, any of these assistance programs and who have had their benefits denied, suspended or reduced may wish to file an appeal. The appeal may be filed by sending a letter of appeal to the Board or by completing an appeal form, which is available on request. Normally, an appeal must be filed within 30 days of being notified of the decision to deny, reduce or suspend benefits.

Once an appeal has been filed, a hearing will be scheduled within 30 days and both parties will be given the opportunity to explain their case directly to the Board. Once the hearing is held, a decision is made in private after the hearing. A letter is then sent, usually within 15 days of the hearing, advising of the decision. For further information, please contact the Board office directly.

Social Services Appeal Board
7th floor, 175 Hargrave Street
Winnipeg, MB R3C 3R8
Phone: 945-3003
Toll-free: 1-800-282-8069
Fax: 945-1736

The Manitoba Association for Rights and Liberties (MARL)

The Manitoba Association for Rights and Liberties is an advocacy and educational body working for improved human rights protection. MARL is a non-government, non-profit organization whose objective is to promote respect for and observance of fundamental human rights and civil liberties. MARL examines all new government legislation for possible human rights infringements and presents briefs on its concerns and recommendations when applicable. For more information contact:

Manitoba Association for Rights and Liberties
507 – 294 Portage Avenue
Winnipeg, MB R3C 0B9
Phone: 947-0213
Fax: 946-0403
E-mail: marl@escape.ca

Legal Services

Community Legal Education Association (CLEA)

CLEA is a non-profit organization with a mandate to increase access to justice by increasing knowledge of the law and the legal system. CLEA provides a telephone information and lawyer referral service (see Law Phone-In and Lawyer Referral Program), speakers' bureau, legal information publications, public law classes and workshops, Community Legal Intermediary Training Course, as well as a variety of special initiatives including ongoing programming to promote the development of legal education in the school system. For further information contact:

Community Legal Education Association
501 – 294 Portage Avenue
Winnipeg, MB R3C 0B9
Phone: 943-2382
Toll-free: 1-800-262-8800
Fax: 943-3600
E-mail:
info@communitylegal.mb.ca
Web site:
www.acjnet.org/white/clea

Law Phone-In and Lawyer Referral Program

This office provides legal information over the phone on many types of legal problems and can refer you to a lawyer if necessary. A referral lawyer will not charge for the first half-hour of consultation. "Shut-in" lawyers are prepared to visit ill, disabled or elderly clients in hospital or at home. This service refers callers to law-related agencies. When you have a question on a legal matter contact:

Law Phone-in and Lawyer Referral Program
Phone: 943-2305
Toll-free: 1-800-262-8800
Fax: 943-3600
E-mail:
info@communitylegal.mb.ca

This is a phone-in service. Your call will either be answered directly or you will be asked to leave your name and number on the answering machine and a lawyer on staff will return your call at a time convenient for you.

Legal Aid Manitoba

Legal Aid Manitoba assists individuals and groups who require the services of a lawyer and who do not have the means to obtain those services. Free legal advice and information are available at 416 – 294 Portage Avenue from 1:30 to 6:00 p.m., Tuesdays to Thursdays without an appointment. Advice and information are also available from our community law offices in Brandon, Dauphin, The Pas and Thompson. Please call to make arrangements.

General legal advice and information are available at selected centres in Winnipeg as a service of the Age and Opportunity Centre on a cost-recovery basis with the assistance of Legal Aid Manitoba.

If you need a lawyer to represent you, then an application should be made through a Legal Aid office, or by contacting any private lawyer who participates in the plan. A $25 non-refundable application fee is required. There are exceptions to the application fee – when speaking to the lawyer/paralegal taking your application ask about them. Eligibility is based on your income level and the type of case involved. Representation is provided for serious criminal charges, family matters and some civil proceedings. If you are eligible for Legal Aid, you may, in most cases, choose any lawyer who is listed on the Legal Aid panel.

Legal Aid Manitoba
402 – 294 Portage Avenue
Winnipeg, MB R3C 0B9
Phone: 985-8500
Toll-free: 1-800-261-2960

Westman Community Law Office
1239 Princess Avenue
Brandon, MB R7A 0R2
Phone: 729-3484
Toll-free: 1-800-876-7326

Parklands Community Law Office
31 – 3rd Avenue
Dauphin, MB R7N 0Y5
Phone: 622-7000
Toll-free: 1-800-810-6977

Northlands Community Law Office
Box 2429, 236 Edwards Avenue
The Pas, MB R9A 1M2
Phone: 627-4820
Toll-free: 1-800-268-9790

Thompson Community Law Office
3 Station Road
Thompson, MB R8N 0N3
Phone: 677-1211
Toll-free: 1-800-665-0656

Mediation Services

Mediation Services is a program promoting peace and restorative justice within the community. Through education and mediation, people learn to resolve conflict using non-violent conflict resolution processes. A mediator is an impartial person who assists people in defining the issues in the dispute, and in using a problem-solving process to arrive at an acceptable outcome for all parties. In addition to the victim/offender and community mediation programs, numerous workshops are offered each year in the area of conflict resolution and mediation skills. For more information contact:

Mediation Services
1200 Portage Avenue, 3rd Floor
Winnipeg, MB R3G 0T5
Phone: 925-3410
Fax: 925-3414
E-mail:
info@mediationserviceswpg.ca

The Public Trustee

The Public Trustee provides trustee services for a fee to the people of Manitoba in situations where no one else is capable or willing to do so. The Public Trustee provides the following types of trustee services:

- Administering estates and making personal decisions for people who are not mentally capable of doing so.
- Administering the estates of mentally competent people who have granted a Power of Attorney to The Public Trustee.
- Administering the estates of people who have died in Manitoba with no one else capable or willing to act as administrator.
- Administering trust monies for people under 18 years of age.
- Administering some adult trusts.

The Public Trustee
1330 Woodsworth Building
405 Broadway
Winnipeg, MB R3C 3L6
Phone: 945-2700
Fax: 948-2251
E-mail:
publictrustee@gov.mb.ca

Web site:
www.gov.mb.ca/justice/additional/public.html

The Public Trustee
340 – 9th Street, Room 111
Brandon, MB R7A 6C2
Phone: 726-7025
Fax: 726-7037

Consumer Rights

Consumers' Bureau

The Consumers' Bureau administers consumer protection legislation for the Province of Manitoba.

The statutes include: The Consumer Protection Act, The Business Practices Act, The Personal Investigations Act, The Charities Endorsement Act, The Hearing Aid Act, The Bedding Upholstered and Stuffed Articles Regulation under The Public Health Act, and Part III Reverse Mortgage Loans of the Mortgage Act. In the course of its duties it:

- licenses companies and individuals that direct sell;
- licenses collection agents and registers collectors;
- certifies hearing aid dealers;
- authorizes charitable fund raising; and
- registers manufacturers and renovators of stuffed articles.

The Consumers' Bureau hears, mediates and investigates consumer related complaints. If you have a question or complaint about a purchase, repair, door-to-door sale, debt collection, charitable fund raiser or any business practice that affects you as a consumer, contact the Consumers' Bureau at:

Consumers' Bureau
Manitoba Finance
302 – 258 Portage Avenue
Winnipeg, MB R3C 0B6
Phone: 945-3800
Toll-free: 1-800-782-0067
E-mail:
consumersbureau@gov.mb.ca
Web site:
www.gov.mb.ca/cca/consumb

Consumer Education Program

The Consumers' Bureau Consumer Education Program facilitates presentations called Senior Power: Protect Yourself, which helps senior consumers recognize and avoid becoming the victims of consumer fraud and scams and shows how seniors can assert themselves as consumers, and provides information on where to go for help should a problem arise in the marketplace. To book a presentation for your senior group contact:

Volunteer Program Manager
Consumer Education
Consumers' Bureau
Manitoba Finance
302 – 258 Portage Avenue
Winnipeg, MB R3C 0B6
Phone: 945-4421
Toll-free: 1-800-782-0067
E-mail:
consumersbureau@gov.mb.ca
Web site:
www.gov.mb.ca/cca/consumb

Manitoba Securities Commission

The Manitoba Securities Commission is an independent agency of the Government of Manitoba which regulates the securities (investment) industry in the province. Anyone selling securities in Manitoba has to register with the Commission. The Commission also deals with complaints against registrants. To ensure that you are dealing with someone who is registered to sell securities, call the Commission at 945-2548, or visit their website, where registrants are listed, at www.msc.gov.mb.ca. If you feel you have been treated unfairly by an investment advisor you should call the above number and ask to speak with one of the investigators. Groups wishing to receive a presentation designed to help seniors to avoid investment scams can also call:

Manitoba Securities Commission
Phone: 945-2548
Fax: 945-0330
E-mail: securities@gov.mb.ca

Consumers' Association of Canada (Manitoba)

The Manitoba Branch of the Consumers' Association of Canada (CAC Manitoba) is a non-profit, volunteer organization that works to inform consumers and represent the consumer interest in Manitoba.

CAC Manitoba operates an InfoCentre containing information on a wide range of topics including product testing and pre-purchase information, how and where to complain, how to protect against frauds and scams, and other issues facing seniors in the marketplace.

The InfoCentre has a consumer information phone line that is toll-free in Manitoba, and offers a referral service to help consumers access the agency, government department or organization that will best meet their needs.

CAC Manitoba InfoCentre
21 – 222 Osborne St. S.
Winnipeg, MB R3L 1Z3
Phone: 452-2572
Toll-free: 1-888-596-0900
E-mail:
info@consumermanitoba.ca
Web site:
www.consumermanitoba.ca

Victim Services

Victim/Witness Assistance Program

This program provides a wide range of support services to assist victims and witnesses of crime who are subpoenaed to court in Winnipeg as witnesses for the Crown. Staff offer emotional support and encouragement to those who have been victimized and feel overwhelmed by their involvement with the criminal justice system. Staff will:

- Review the court procedure;
- Provide court orientation;
- Assist with preparing the senior to give his/her testimony;
- Identify any special needs of the witness;
- Offer short-term emotional help;
- Arrange for interpreters, transportation or other assistance for victims and witnesses who may have special needs; and
- Assist to prepare a Victim Impact Statement.

For more information contact:

Victim/Witness Assistance Program
Phone: 945-3594
Toll-free: 1-866-635-1111

Women's Advocacy Program

The primary focus of the program is to provide support, assistance and information to victims of domestic violence. The goal is to enhance women's ability to make informed choices, and potentially increase their level of safety and the safety of those close to them. The program provides legal and resource information. It also advises women of their options, rights and responsibilities as a victim of crime.

The program networks with prosecutions and other service providers within the criminal justice system.

Phone:
945-6851 (Winnipeg)
726-6515 (Brandon)
627-8483 (The Pas)
677-6368 (Thompson)
785-5213 (Selkirk)

Age and Opportunity Older Victim Services

Older Victim Services provides assistance and information to older victims of crime in the Winnipeg area. Age and Opportunity offers this service in co-operation with the Winnipeg Police Service. Other areas of assistance are:

- Helping older persons during the police investigation;
- Insurance and property matters;
- Applications for financial compensation for personal injuries;
- Providing emotional support; and
- Crime prevention education.

For more information contact:

Age and Opportunity
Older Victim Services
200 – 283 Portage Avenue
Winnipeg, MB R3B 2B5
Phone: 956-6440
E-mail:
info@ageopportunity.mb.ca
Web site:
www.ageopportunity.mb.ca

Combat Auto Theft (CAT)

The Combat Auto Theft (CAT) program is a free vehicle identification program that has proven to be an effective deterrent against auto theft. By placing the CAT decal on the vehicle, the vehicle owner sends a clear signal to both law enforcement and would-be thieves that this vehicle is not normally on the road between the hours of 1:00 a.m. and 5:00 a.m. Enforcement officials identifying CAT-branded vehicles on the road between these hours will stop them to verify licence and registration.

You can obtain a registration pamphlet by contacting the Road Safety Department at **985-7199** or toll-free at **1-888-767-7640** or by visiting any Manitoba Public Insurance claim centre, Autopac broker, or local law enforcement service.

Phone Fraud

PhoneBusters is coordinated by the Ontario Provincial Police

Anti-Rackets in partnership with the Royal Canadian Mounted Police/GRC Economic Crime. PhoneBusters is a National Call Centre specializing in investigating complaints on:

- Telemarketing/mail fraud;
- ID theft;
- West African Fraud Letters;
- Internet Fraud and other consumer scams with a Canadian connection.

If you are contacted by someone who promises great prizes, requests money in advance for shipping, taxes, etc., or if you must purchase a product to qualify, call Fraud's toll-free number. Any other suspicious calls where personal ID or money is needed up front should also be checked. The information collected by PhoneBusters is shared with other law enforcement agencies for possible investigations.

SeniorBusters is a volunteer program coordinated by PhoneBusters. (Volunteer seniors call back senior victims of fraud to offer education and support.)

Hours of operation:
Monday to Friday – 8 a.m. to 6 p.m. EST
Toll-free: 1-888-495-8501
Fax: 1-888-654-9426
E-mail: info@phonebusters.com
West African Fraud Letters: wafl@phonebusters.com
Web site: www.phonebusters.com

Block Parents

The Block Parent program was originally designed to protect children in the community. The program now extends to anyone, young or old, who feels they need assistance and have nowhere to turn. Block Parents display a sign in their window which indicates to persons in distress that they may receive immediate help at that home in an emergency. For more information about the program and becoming a Block Parent contact:

The Block Parent Program of Winnipeg Inc.
466 Gertrude Avenue
Winnipeg, MB R3L 0M8
Phone/Fax: 284-7562
E-mail: winnipegblockparents @hotmail.com
Web site: www.winnipegblockparents.mb .ca

Additional information may be obtained through your local community police office or RCMP detachment.

Fitness and Recreation

Recreation and Wellness Promotion Branch

The Recreation and Wellness Promotion Branch helps to improve individual and community well-being through recreation, physical activity and wellness promotion. For more information contact:

Manitoba Culture, Heritage and Tourism
Recreation and Wellness Promotion Branch
6th Floor, 213 Notre Dame Avenue
Winnipeg, MB R3B 1N3
Phone: 945-3766

Recreation for Specific Populations

The Recreation Consultant for Specific Populations works with municipal, provincial and federal organizations and departments in regards to issues, research and special projects relating to recreation for seniors, people with a disability, and youth.

Manitoba Culture, Heritage and Tourism
Recreation & Wellness Promotion Branch
6th floor, 213 Notre Dame
Winnipeg, MB R3B 1N3
Phone: 945-3766

Link to Health Promotion Program

The Manitoba Fitness Council (MFC) is a non-profit organization dedicated to promoting quality in fitness leadership training in order to provide Manitobans with safe, effective and enjoyable exercise programs. The MFC establishes scope and standards of practice, and direction of fitness leadership and appraisal through training, education, consulting and networking. The MFC promotes active living for Manitobans through the activities of its members. MFC accreditation is the acknowledged standard for fitness leaders in Manitoba and trains fitness leaders to lead programs specifically for older adults. The MFC manages a speaker bureau for physical activity for Older Adults for a variety of community groups. For more information contact:

Manitoba Fitness Council
Room 102 Frank Kennedy Centre
University of Manitoba
Winnipeg, MB R3T 2N2
Phone: 474-8644
Toll-free: 1-800-432-1960, ext. 8644
Fax: 474-7634
E-mail: shipleyf@ms.umanitoba.ca
Web site. www.manitobafitnesscouncil.ca

Rose and Max Rady Jewish Community Centre

The Rady Jewish Community Centre houses the Stay Young Centre, which offers seniors a range of activities including cultural, educational and fitness programs.

Rose and Max Rady Jewish Community Centre
Suite B100
123 Doncaster Street
Winnipeg, MB R3N 2B3
Phone: 477-7510

Wellness Institute at Seven Oaks General Hospital

A broad spectrum of services is offered in a fully accessible medical fitness facility for adults of all abilities. Programs include rehabilitation and disease management, health education programs (e.g.: Nutritional Programs, Lifestyle Wellness Programs, Special Interest Programs, etc.) fitness programs and social wellness activities.

1075 Leila Avenue
Winnipeg, MB R2P 2W7
Phone: 632-3900
Web site:
www.wellnessinstitute.mb.ca

Rural and Northern Recreation Directors

Rural and northern recreation directors are employed by the local municipality or governing body to provide a wide range of recreation opportunities to people of all ages in their community or district.

Recreation directors may provide information on grants, board development, recreation opportunities, seniors' games and volunteering. If you are not sure whether your community has a recreation director, call your municipal office or the regional office of Culture, Heritage and Tourism nearest you.

Phone:
726-6066 (Brandon)
822-5418 (Morden)
268-6018 (Beausejour)
642-6006 (Gimli)
622-2022 (Dauphin)
677-6780 (Thompson)
627-8213 (The Pas)

Kinsmen Reh-Fit Centre

This centre opened in 1979 as the first wellness and cardiac rehab facility in Manitoba. The centre is a non-profit charitable organization whose mission is to provide personalized, professional, health and fitness services. This is accomplished through assessment, education and encouragement in a caring environment for health conscious adults.

Annual membership entitles individuals to a wide variety of programs and services. The general public can also access many of these benefits for an additional fee.

Kinsmen Reh-Fit Centre
1390 Taylor Avenue
Winnipeg, MB R3M 3V8
Phone: 488-8023
Web site: www.reh-fit.com

City of Winnipeg, Community Services Department

A variety of recreation services and opportunities are offered for senior citizens through the City of Winnipeg Community Services Department. Recreation staff are available to help senior citizens participate in recreation programs that meet their needs and interests.

To find out what is available in your area, consult your City of Winnipeg Leisure Guide, or call:

Phone: 986-7760.
Fax: 986-5058
E-Mail:
reros@city.winnipeg.mb.ca
Web site:
www.city.winnipeg.mb.ca/cms/Leisure/

YMCA – YWCA of Winnipeg

The YMCA-YWCA has a variety of special programs available. Seniors' groups operate in all YMCA-YWCA branches. For more information as to specific programs and times, contact the YMCA-YWCA in your neighbourhood.

YMCA-YWCA of Winnipeg
301 Vaughan Street
Winnipeg, MB R3B 2N7
Phone: 947-3044
Web site:
www.ymcaywca.mb.ca

Natural Essentials

Holistic Health Care Center

- Strauss Heartdrops **20% OFF = $39.20**
- Joint Mobility Cream (inflammation, arthritis etc.)
- Coral Calcium
- Custom Orthotics *(Knee, Hip, Back Pain)*

HOURS:
Monday-Tuesday: 10am - 5pm; Wednesday: 10am-2pm
Thursday-Friday: 10am - 7pm; Saturday: 10am - 2pm
Sunday: CLOSED

278 Marion Street Ph. 487-4434
http://www.natural-essentials.com

Elmwood-Kildonan
454 Kimberley Avenue
Winnipeg, MB R2K 0X8
Phone: 668-8140

South Winnipeg Branch
5 Fermor Avenue
Winnipeg, MB R2M 0Y1
Phone: 233-3476

Brandon
YMCA
231 – 8th Street
Brandon, MB R7A 3X2
Phone: 727-5456
YWCA
148 – 11th Street
Brandon, MB R7A 4J4
Phone: 727-5014
E-mail: YWCA@galaxy.mb.ca

Fort Whyte Centre

Fort Whyte Centre has many year-round attractions. The Centre offers specialized Seniors' Nature Tours. Programs are designed for a variety of mobility levels. For further information, please contact:

Fort Whyte Centre
1961 McCreary Road
Winnipeg, MB R3P 2K9
Phone: 989-8353 for group bookings
Web site: www.fortwhyte.org

Resources

For Newcomer Seniors

Age and Opportunity English for Seniors Program

Age and Opportunity offers English as a Second Language (ESL) classes for immigrant seniors 55 years and older. The program also teaches Canadian life skills and promotes an awareness of senior services and activities that are available to them.

Classes are held mornings, afternoons, evenings and weekends and are offered at eleven different locations throughout the city. For more information contact:

Age and Opportunity Centre Inc.
200 – 283 Portage Avenue
Winnipeg, MB R3B 2B5
Phone: 956-6440
Fax: 946-5667
E-mail:
esl@ageopportunity.mb.ca
Web site:
www.ageopportunity.mb.ca

Immigrant Women's Association of Manitoba, Inc.

The Immigrant Women's Association of Manitoba, Inc. was formed in 1983 to address the concerns of immigrant women and their families. The programs offered include: advocacy, referral and public education and information.

Immigrant Women's Association of Manitoba, Inc.
4th Floor Library, University of Winnipeg
515 Portage Avenue
Winnipeg, MB R3B 2E9
Phone: 989-5800
Fax: 989-5801
E-mail: iwam@uwinnipeg.ca

Immigrant Women's Counselling Services

- The Immigrant Women's Counselling Services provides multilingual individual and group counselling for immigrant and refugee women, and women in cross-cultural relationships, who are experiencing crisis, facing domestic violence or are having difficulty with the transition and adaptation to Canadian life.
- Included are help for accessing income assistance, housing, and social services.
- Information and referral services for language training, legal services, health care, employment, and training programs and services.
- Public education forums, workshops, and seminars regarding the experience of immigrant women: cultural issues as they adapt to Canadian life; relational/domestic violence in their context; law; immigration and social services.

Immigrant Women's Counselling Services
200 – 323 Portage Ave.
Winnipeg, MB R3B 2C1
Phone: 953-4100

Fax: 953-4107
E-mail: iwcs@mts.net

Immigration and Multiculturalism Division Manitoba Labour and Immigration

One of the roles of the Division is to ensure the successful integration of immigrants to Manitoba, including immigrant seniors. This is accomplished through the coordination and funding of settlement and English as a Second Language Programs.

"English for Seniors" is offered in partnership with Age and Opportunity Centre Inc., to provide an opportunity for immigrant seniors to learn everyday English.

If you are interested in attending these classes contact: 956-9739 (English for Seniors at Age and Opportunity Centre, Inc.).

Immigration and Multiculturalism Division
500 – 213 Notre Dame Avenue
Winnipeg, MB R3B 1N3
Phone: 945-6300
Web site:
www.immigratemanitoba.com

The International Centre

The International Centre is an immigrant serving agency providing a comprehensive range of settlement services, including:

- Settlement and Integration Support Services
- Employment Services
- Adult Education Services
- Outreach Services
- Nutrition Services
- Language Bank – offering 24–hour interpretation and translation services in more than 80 languages and dialects. Notary public services are also available.

International Centre of Winnipeg
406 Edmonton Street
Winnipeg, MB R3B 2M2
Phone: 943-9158
Fax: 949-0734
E-mail: icentre@icwpg.mb.ca
Web site: www.icwpg.mb.ca

Language Bank

The International Centre's Language Bank provides interpreters on a 24-hour-a-day basis in over 80 languages and dialects. Translators are also provided to verify or complete translations. Volunteers do this work for the police, hospitals, courts and other social agencies as well as for the public, especially newly arrived refugees and immigrants. Notary public services are also provided at a very reasonable rate.

The Language Bank
406 Edmonton Street
Winnipeg, MB R3B 2M2
Phone: 943-9158

Jewish Child & Family Service

Jewish Child & Family Service provides counselling services to the general community; supportive services to seniors and their families, including supports for Holocaust survivors; community mental health to adult clients and their families; newcomer resettlement integration; volunteer program including support to seniors; and family life education. Services offered in English, Yiddish, Russian, Ukrainian, Hebrew and Spanish.

Jewish Child & Family Service
C200 – 123 Doncaster Street
Winnipeg, MB R3N 2B2
Phone: 477-7430
Fax: 477-7450
E-mail: jcfs@aspercampus.mb.ca
Web site:
www.jewishwinnipeg.org/human.html

Pluri-elles Manitoba

Pluri-elles (Manitoba) inc is a centre that offers services to francophones living in the Province of Manitoba. Pluri-elles offers individual and group counselling, a literacy program and a job reintegration program or job research. All the programs and services offered by Pluri-elles (Manitoba) inc. are free. For further information, please contact:

Pluri-elles Manitoba Inc.
570 Des Meurons Street
Winnipeg, MB R2H 2P8
Phone: (204) 233-1735
Toll-Free: 1-800-207-5874
E-mail: plurielles@shaw.ca

Society for Manitobans with Disabilities

The Society for Manitobans with Disabilities has an ethnocultural program that provides services to all Manitobans with disabilities, not just physical.

They have nine staff who represent different ethnocultural communities, who provide translation and cultural interpretation services. They help link clients to appropriate services.

Society for Manitobans with Disabilities
825 Sherbrook Street
Winnipeg, MB R3A 1M5
Ethno Cultural Coordinator
Phone: (204) 975-3095
E-mail: rdefehr@smd.mb.ca
Web site:
www.smd–services.com

Manitoba Interfaith Immigration Council Inc.

The Manitoba Interfaith Immigration Council provides services to refugee newcomers (government-assisted, privately sponsored refugees, and refugee claimants). Services include:

- Reception and temporary accommodation
- Settlement & orientation
- Sponsorship services
- Inland refugee claim assistance

Manitoba Interfaith Immigration Council Inc.
Welcome Place
397 Carlton Street
Winnipeg, MB R3B 2K9
Phone: (204) 977-1000
Web site: www.miic.ca

Index

233-ALLÔ, Centre d'Information 7

A

Aborignial Health & Wellness Centre 49
AccessAbility 34
Addictions Foundation of Manitoba 53
Addictions Self-Help Groups 54
Agape Table Inc. 55
Age and Opportunity 13,52
Age and Opportunity English for Seniors 70
Age and Opportunity Older Victim Services ..65
Age and Opportunity Senior Centres 13
Al-Anon/Alateen 55
Alcohol/Drugs/Gambling Programs 53
Alcoholics Anonymous 54
Allowance 22
Allowance for the Survior 22
Altona: Rhineland C.A.R.E., Inc. 17
Alzheimer Society 57
Apartment Rental Options 27
Anne Ross Health Resource Centre 50
Arthritis Society 59
Arborg and District Seniors Resource Council 18
Ashern: Living Independence for Elders 18
Assignment of Pensions 23
Assistive Devices 33

B

Baldur: Seniors Independent Services 15
Baptismal Certificates 21
Benefits, (How to Apply for) 21
Benefits, (Other Documents) 21
Belmont: Seniors Independent Services 15
Binscarth: Seniors Services of Banner County 15
Birth Certificates 21
Block Parents 66
Boissevain: Services for Seniors of Turtle Mountain Area 15
Boni-Vital Council for Seniors 14
Brandon Civic Senior Citizens Inc. 14
Brandon: Seniors for Seniors Co-op Inc. .. 14,15
Broadway Seniors Resource Council 19
Bureau of Pensions Advocates 24

C

Canada Pension Plan 22
Canada Pension Plan Summary 23
Canadian Cancer Society 58
Canadian Diabetes Association 58
Canadian National Institute for the Blind 34
Canadian Red Cross Society 46
Carberry Plains Services for Seniors 15
Carman Community Seniors Resource Council..17
Cartwright: Seniors Services of Roblin-Cartwright 15
Centre on Aging.....10
Charleswood Senior Centre.....13
Chronic Disease Information Resources 57
Circle of Life Thunderbird House 14
Citizens' Rights.....61
City of Winnipeg Community Services 68
Co-operative Development Services 20
Co-operative Housing 28
Combat Auto Theft 65
Commercial Housing.....28
Communication Disorders, Services.....35
Community Financial Counselling Service 26
Community Health Centres 48
Community Home Services.....30
Community Legal Education Association 62
Community Maintenance Programs.....30
Community Resource Council Transportation Services 31
Community Seniors Resource Councils 15
Assiniboine Region 15
Burntwood Region 17
Brandon Region 15
Central Region (North).....17
Central Region (South) 17
Eastman Region (North) 17
Eastman Region (South) 18
Interlake Region 18
Parkland Region 19
Winnipeg Region 19
Communication and Swallowing Problems....36
Community Therapy Services Inc. 49
Complaint Process for Personal Care Homes ..45
Congratulatory Messages 8
Congregate Meals 32
Consumer Education Program 64
Consumer Rights 64
Consumers' Association of Canada.....64
Consumers' Bureau 64
CONTACT Community Information 7
Counselling and Emergency Services 52
Creative Retirement Manitoba 12
Credit Splitting.....23

D

Dauphin and District Community Resource Council 19
Dauphin Multi-Purpose Senior Centre 14
Deaf Centre 285 Pembina Inc 37
Deloraine: Seniors Outreach Services 15

Dental Services 48
Diabetes Education Resources 58
Disability Pensions.....22
Downtown Seniors Resource Council.....19

E

Elder Abuse.....52
Elie: Cartier Senior Citizens Support Inc. 17
Elkhorn: Seniors Access to Independent Living..15
Emergency Assistance 55
Emergency Repair Program 30
Employment Insurance 23
Erickson-Onanole Services to Seniors 15
Eriksdale Community Resource Council 18
Eyeglass Program 47

F

Family Doctor Connection 51
Farmer's Estate Counselling.....26
Federal Benefits, (Other) 23
Federal Income Security Programs 22
Fifty-Five Plus 24
Financial Benefits 21
Financial Counselling 26
Fisher Branch Seniors Resource Council.....18
Fitness and Recreation 67
Foot Care 48
Fort Whyte Centre 69
Foxwarren: Support Services to Seniors 15

G

Gamblers Anonymous 55
Gimli 55+ Centre 14
Gimli Seniors Resource Council 18
Gladstone and Area Seniors Support Program 17
Glenboro: Seniors Independent Services 16
Glenella: Helping Hands for Glenella District..16
Good Neighbours Seniors Centre 13
Grandview and District Community Resource Council 19
Grants and Resources Manual.....20
Guaranteed Income Supplement 22
Guide Books for Disabled Travellers 34
Gwen Secter Creative Living Centre 13

H

Hamiota Seniors Council.....16
Handi Transit 31
Hard of Hearing Services 36
Hartney: Seniors Organized Services of Souris Valley 16
Headingley Senior Services Incorporated 17
Health Action Centre.....48
Health and Chronic Disease Resources.....57
Health Care Services 39
Health Links 57
Hearing Instrument Practioners 36
Hearing Problems 35
Heart and Stroke Foundation of Manitoba.....59
Heritage Information 10

Holland: Maintaining Independent Living with Extended Services 16
Home Adaptations for Seniors' Independence..29
Home Care Appeal Panel....44
Home Dental Care Program 48
Home Improvement Assistance 29
Home Maintenance Assistance 30
Homeowner Emergency Loan Program 30
Hospice and Palliative Care Manitoba 50
Housing 27
Housing Information (Other) 28
Huntington's Disease Resource Centre 59

I

Immigrant Women's Assoc. of Manitoba 70
Immigrant Women's Councilling Services 70
Immigration & Multiculturalism 71
Income Tax Services....26
İndependent Interpreter Referral Service 37
Independent Living Resource Centre 32
Information for Seniors 6
Interfaith Marriage and Family Institute 52
International Centre 71

J

Jewish Child and Family Service 52,71

K

Keewatin/Inkster Neighborhood Resource Council 19
Kekinan Centre Inc.....28
Kenton: Woodworth Seniors Services 16
Killarney: Share Our Services....16
Kinsmen Reh-Fit Centre 68
Klinic Community Health Centre....49

L

Lac du Bonnet: Two Rivers Seniors Resource Council 17
La Fédération des Aînés Franco-Manitobains..12
Language Bank....71
Large Print Books 35
Law Phone-In Information and Lawyer Referral Program 62
Legal Aid Manitoba 63
Legal and Consumer Rights 61
Legal Services 62
Library Services....8
Library Services (Other) 9
Life Lease Tenancy 28
Link to Health Promotion Program 67
Long-Term Care Charges 45
Lundar Community Resource Council....18

M

MacGregor-Austin Seniors Support Program ..17
Manitoba Association for Rights and Liberties ..62
Manitoba Association of Gerentology 10
Manitoba Blue Cross 47
Manitoba Community Services Council.....20
Manitoba Council On Aging.....6
Manitoba Deaf-Blind Association..... 37
Manitoba Farm and Rural Stress Line 56
Manitoba Government Inquiry.....7
Manitoba Health - Insured Benefits 46
Manitoba Home Care Program 40
Manitoba Human Rights Commission 61
Manitoba Interfaith Immigration Council 72
Manitoba League of Persons with Disabilities..32
Manitoba Legislative Library 8
Manitoba Lung Association.....59
Manitoba Pension Commission 25
Manitoba Public Nursing Services.....49
Manitoba Securities Commission 64
Manitoba Seniors Directorate 6
Manitoba Society of Seniors Inc.....12
Manitoba Society of *Seniors Journal*.....11
Manitoba Telecom Services Inc. 38
Manitou: Pembina Community Resource Council.....17
McCreary People Helping People 19
Meal Programs 32
Meals on Wheels 32
Mediation Services 63
Medical Equipment and Supplies 46
Medication Information Line for the Elderly..57
Melita: Senior Services of Antler River 16
Metis Resource Centre 9
Middlechurch Community Services 19
Miniota Municipal Services to Seniors 16
Minnedosa and District Services to Seniors 16
Mood Disorders Association of Manitoba 60
Morden Friendship and Seniors Services and Activity Centre 14
Morden Services for Seniors Inc. 17,46
Morris Area Senior Services 17
Mount Carmel Clinic 48
Multiple Sclerosis Society of Canada 59

N

Neepawa: Home Assistance in Neepawa and District 16
Newdale: Harrison House 16
Newspapers.....11
Niverville Senior Services.....18
North Winnipeg Community Council for Seniors 19
Nor'West Co-op Community Health Centre ..49
NorWin 55+ Active Living Centre 13
Nursing, Therapy and Medical Services 49

O

Oakbank: Springfield Services to Seniors 18
Old Age Security.....22
Ombudsman.....61
Osteoporosis Society of Canada 60

P

Palliative Care.....51
Parkinson Society.....60
Payment/Refund for Health Care Services 46
Personal and Family Counselling 52
Personal Care Home Placement 44
Personal Emergency Response Systems 32
Pharmacare Program 47
Phone Fraud 65
Pierson: Senior Services of Antler River 16
Pilot Mound: Louise Community Services.....17
Pinawa: Two Rivers Seniors Resource Council 18
Pine Falls: Winnipeg River Resource Council..18
Pluri-elles Manitoba 71
Population and Public Health Branch 20
Portage: Herman Prior Senior Services Centre..14
Portage Services for Seniors Inc. 17
Prime Times News 11
Private Non-Profit Housing 28
Proof of Age 21
Protection for Persons in Care Offfice 45
Provincial Archives of Manitoba 8
Provincial Income Security Programs 24
Public Trustee 63

R

Recreation and Wellness Promotion Branch ..67
Recreation for Specific Populations.....67
Red Cross Society 56
Regional Health Authorities 39
Research 10
Residential Care 44
Residential Rehabilitation Assistance Program29
Residential Tenancies Branch 29
Resource Centre for the Deaf-Blind.....37
Resources for Newcomer Seniors.....70
Reston: Seniors Helping Hand of Alstone. 16
Retirement Pensions 22
River East Council for Seniors 19
Rivers/Rapid City: Senior Services of Rivers/
Rapid City and District 16
Riverton Seniors Resource Program.....18
Roblin and District Community Help Centre. 19
Rorketon: Lawrence Resource Council 19
Rose and Max Rady Jewish Community Centre..67
Rossburn and District Services for Seniors 16
Royal Canadian Naval Benevolent Fund 24
Rupert's Land Caregiver Services.....50
Rural and Northern Recreation Directors 68
Rural District Offices 40
Rural Transportation 31
Russell: Seniors Services of Banner County. 16

S

Safety Checks 32
Salvation Army 55
School Tax Assistance (Homeowners/Renters) 25
Self-Starting Creative Opportunities for People in Employment 30
Selkirk: Gordon Howard Senior Centre 14,19
Senior Centres 12
Senior Centres Outside of Winnipeg 14
Seniors Abuse Line 7,52
Seniors Centres (Other Winnipeg) 13
Seniors' Health Resource Team 50
Seniors Information Line.....7
Seniors Job Bureau Inc. 30
Seniors Organizations 12
Senior Scope 11
Services and Supports for Independent Living31
Shelter Allowances for Elderly Renters 25
Shoal Lake: Senior Services of Prairie-Parkland 16
Skills Programs for Management Volunteers ..20
Smith Street Senior Centre 13
Social Insurance Number 22
Social Services Appeal Board 62
Society for Manitobans with Disabilities32,46,71
Souris: Seniors Organized Services of Souris Valley 16
South Interlake 55+ Inc. 14
South Junction: LGD of Piney Community Resource Council 18
South Winnipeg Seniors Resource Council 19
Special Programs for Frail/Homebound Seniors..32
St. James/Assiniboia Senior Centre 13,19
St. John Ambulance 50
St. Laurent: Senior Resource Council Inc 19
St. Malo: R.M. of De Salaberry Senior Resource Centre 18
St. Pierre-Jolys: Senior Service pour Aînées.....18
St. Vital/St. Boniface Senior Centre.....13
Stay Young Centre Rose & Max Rady Jewish Community Centre.....14
Ste. Rose and District Community Resource Council 19
Steinbach 55 Plus Serving Seniors.....14
Steinbach: Serving Seniors Inc. 18
Stonewall: South Interlake Seniors Resource Council 19
Stradbrook Senior Centre.....13
Strathclair: Senior Services of Prairie-Parkland 16
Stroke Recovery Association of Manitoba.....60
Subsidized Housing 27
Substance Use Management (SUMIT).....55
Support and Funding for Senior's Organizations ..20
Survivor's Benefits 22
Swan Lake: Lorne Community Support Services 17
Swan River and District Community Resource Council 19

T

Talking Book Support.....35
Tax Credits 25
Teulon and District Seniors Resource Council 19
Thompson Seniors Resource Council 17

Tourist Information Service 10
Transcona Council for Seniors 19
Transportation 31
Travel Information 10

V

Veterans Affairs Canada 24
Victim Services 65
Victim/Witness Assistance Program 65
Victoria Beach: Helping Eastlake People Centre 18
Virden: Seniors Access to Independent Living 16
Visual Impairments, (Services for Persons) 34
Vita and District Resource Council 18

W

Waskada: Seniors Outreach Services. 16
Wawanesa: Seniors Independent Services.....16
Welfare Education Program 26
Wellness Institute-Seven Oaks 57,68
Winkler and District Multi-Purpose Senior Centre 14,17
Winnipeg Hearing Centres 36
Winnipeg Public Library Special Services 35
Winnipeg Senior Centres.....19
Winnipeg Transit 31
Women's Advocacy Program 65
Women's Shelters 53

Y

YM-YWCA of Winnipeg 68

We Need Your Help

To help us improve future editions, we need to know how useful the *Manitoba Seniors' Guide* is for you. Please fill out this questionnaire and mail or fax it to:

Manitoba Seniors Directorate
822-155 Carlton Street
Winnipeg, Manitoba
R3C 3H8
Fax: (204) 948-2514

1. How would you rate this Guide as a source of information for seniors?
   Excellent ❑ Good ❑ Fair ❑ Poor ❑

2. Would you recommend the Guide to others?
   Yes ❑ No ❑

3. How often do you use the Guide?
   Every day ❑ Every Week ❑ Once a Month ❑ Once a Year ❑

4. Why do you use the Guide? (You may check more than one reason).
   Housing ❑ Government Programs ❑ Health Services ❑ Social Activities ❑
   Other (please specify)_____

5. How did you receive the Guide? I received the Guide from...
   Seniors Directorate ❑ Seniors Centre ❑ Support Services ❑ Seniors Fair ❑ Health Centre ❑
   Other (Please specify)_____

6. Did you use this information for yourself or for someone else? _____

Continued on next page

7. In terms of the current guide, how would you rate the following?

Helpfulness of information
Excellent ☐ Good ☐ Fair ☐ Poor ☐

Ease of finding information you need?
Excellent ☐ Good ☐ Fair ☐ Poor ☐

Accuracy of information?
Excellent ☐ Good ☐ Fair ☐ Poor ☐

Size of the Guide?
Excellent ☐ Good ☐ Fair ☐ Poor ☐

Size of the print ?
Excellent ☐ Good ☐ Fair ☐ Poor ☐

Other comments about the Guide

_____

_____

8. Do you have any suggestions for how the Guide may be improved?

_____

_____

_____

_____

9. Is there information you would like to see included in the Guide?

_____

_____

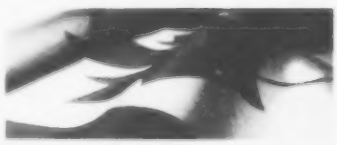
10. Are you: Aged 50-64 ☐ Aged 65-75 ☐ Aged 75+ ☐
Family Member ☐ Seniors Organization ☐
Other (Please specify)_____

Thank You

Tout y est
Services pour les aînés

Demandez votre guide des services du gouvernement du Canada pour les aînés et leurs familles. Vous y trouverez des renseignements sur plus de 120 services allant de la santé à la sécurité, en passant par les impôts, la retraite, les voyages et le bénévolat.

Contactez-nous aujourd'hui pour obtenir gratuitement votre guide *Services pour les aînés* du gouvernement du Canada.



1 800 O-Canada (1 800 622-6232)
ATS : 1 800 465-7735
canada.gc.ca
Centres d'accès Service Canada

Gouvernement du Canada | Government of Canada

Canada

Live the lifestyle
in the comfort zone

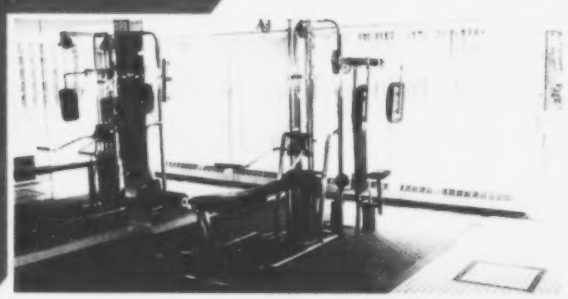
Place PROMENADE

Enjoy the cold winter by staying indoors! Stroll through the connecting skywalks which provide climate controlled access to Portage Place and downtown Winnipeg. Our residential complex offers a safe community-like atmosphere right in the heart of the city. Unfurnished and furnished suites available.

Unfurnished, 1, 2 & 2 BR 2 Bath

Includes:

- new stylish suites
- air conditioned comfort & heat & water included
- security controlled heated parkade



Furnished Studio, 1 & 2 BRs Available

Included are fully equipped kitchens with all the major appliances, toaster, coffee pot, kettle, cutlery and dishes, all the linens and towels, telephone (local calls), parking in our heated underground garage. Maid service is available upon request – weekly rates apply.

Building Amenities Include:

- spa facilities – 2 whirlpools, sauna, tanning bed, exercise equipment, outdoor seasonal pool
- on-site convenience store, restaurant, hair salon and bank kiosk

We are situated right behind Portage Place Mall. Come and visit us!!

988-6880

63C THE PROMENADE
behind Portage Place